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Local

pg 3

Guilty plea in baby's death



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HALIFAX • TUESDAY, APRIL 27, 2010

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Sports

pg 14

Halak steals show, Habs win



Provincial budget passes into law

POLITICS To the surprise of no one, the NDP budget was passed yesterday.

With the government having 30 of 52 seats in the legislature, there was never any doubt about the document's passage despite both opposition parties voting against it.

The only question mark was former NDP and now independent MLA Trevor Zinck. In the end, he voted against the budget.

Opposition parties have vocally objected to a two-point increase in the HST that will take effect July 1. The NDP says it is a necessary step to control the deficit, which is projected at \$222 million this year.

PAUL MCLEOD/METRO HALIFAX



Business pg 11

Canadians OK with debt

On the web
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G8 protester charged

ALEX BOUTILIER
for Metro Halifax

Halifax Regional Police are denying accusations of heavy-handedness in the arrest of a G8 protester yesterday.

About 50 demonstrators gathered at Cornwallis Park just after 7 a.m. to protest this week's meeting of G8 development ministers in Halifax. The group proceeded to march down Marginal Road, where they were met by roughly 30 police officers.

The group largely complied when officers asked them to move from the roadway at the Halifax Port Authority to the public sidewalk.

As a line of officers encircled the group, however, police allege 35-year-old Toni MacAfee elbowed an officer in the chest.

MacAfee, an official with the Canadian Union of Postal Workers from Hammonds Plains, was taken to the ground by two officers, handcuffed, and placed in a police wagon.

She later appeared at Halifax provincial court on one charge of assaulting a police officer. She was released on conditions.

"We allege that, in the course of officers doing their duty and lawfully asking these people to move onto the sidewalk,



Protester and union official Toni MacAfee is arrested by police at an anti-G8 rally in Halifax yesterday morning. Halifax Regional Police allege MacAfee assaulted an officer, while protest organizers argue she tripped.

that an officer was struck, (and) an arrest was made," said police spokesman Const. Brian Palmeter. "She struck (the officer) in the chest ... elbowed him."

But protest co-organizer Kyle Buott disagrees with the police allegations.

"I didn't see it myself, (but) my understanding is that (MacAfee) fell onto the

road and was pulled down by three police officers," Buott said.

Yesterday's protest, along with Sunday's march of approximately 300 people in downtown Halifax, was largely peaceful. According to Buott, however, police used "heavy-handed tactics" to quell the demonstrations.

"I think the cops have made the attempt to incite protesters," Buott said.

"(Police) have repeatedly pushed (protesters), they've taken flags from protesters for no reason. It seems to me that the cops are using a heavy-handed approach to dealing with this protest."

But Palmeter said the po-

lice do everything in their power to liaison with demonstrators, and react only when necessary.

"We wait until our response is required before intervening," he said. "The vast majority of protesters were protesting lawfully and peacefully, and were able to do so without any police interaction."



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Local



Gun amnesty program coming to close

A provincewide gun amnesty program for the month of April wraps up on Friday. The joint initiative between the RCMP and municipal police forces saw more than 100 firearms and several hundred rounds of ammunition turned in to police at the midway point. Anyone wanting to surrender a firearm or ammunition can do so by contacting any RCMP or municipal police office. Due to public safety reasons, police say no firearms or ammunition can be brought in to a police office.

METRO HALIFAX

Police nab suspect after indecent act

DOWNTOWN A 34-year-old Halifax man is facing one charge of an indecent act after police say a man dropped his pants and exposed himself to a woman inside a washroom in a downtown building.

Halifax Regional Police say they were called to a business in the 5100 block of Duke Street in Halifax just after 10 a.m. yesterday, and learned the suspect dropped his pants to his knees inside a second-floor washroom and exposed himself to the female victim.

Police say they then checked the building and the suspect was found on the third floor, where he was arrested without incident.

METRO HALIFAX

Mother pleads guilty

Plea entered for lesser charge in baby's death

ALEX BOUTILIER
for Metro Halifax

A Bangladeshi woman originally facing two charges of manslaughter in the death of her infant daughter pleaded guilty to a lesser charge yesterday.

Jane Gomes, 23, entered the guilty plea for failing to provide the necessities of life for her daughter, Aurora Breakthrough, who died last summer.

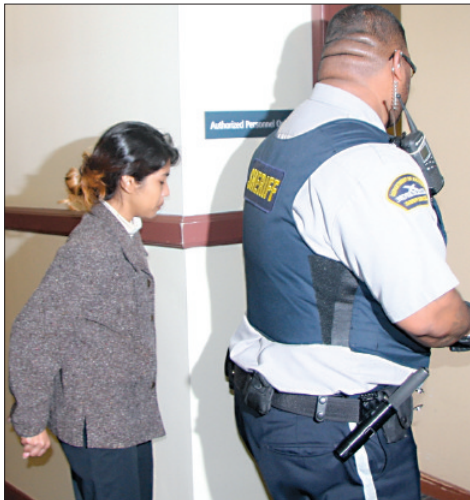
The two manslaughter charges Gomes was facing were also withdrawn. Denise Smith of the Crown said the charges didn't reflect Gomes' role in her child's death.

"The Crown feels Ashiqur (the lesser Rahman offence) is reflective of Ms. Gomes' level of culpability with respect to this matter," Smith said outside a Halifax provincial courtroom.

Smith said Gomes will be subpoenaed to testify against her former partner, Ashiqur Rahman. Rahman is facing manslaughter charges in causing the death of the infant.

The daughter of the common-law couple, who lived above the Good Food Emporium on Gottingen Street, was taken to the IWK Health Centre on July 24 with serious injuries.

Rahman and Gomes were arrested on July 25 and initially charged with aggravated assault. Their daughter died three days



Jane Gomes is escorted by a sheriff out of Halifax provincial court yesterday. Gomes pleaded guilty to the lesser charge of failing to provide the necessities of life for her daughter, Aurora Breakthrough, yesterday. Gomes was originally charged with two counts of manslaughter.

Release conditions

• After entering a guilty plea, Jane Gomes was released on several conditions. Judge Jamie Campbell ordered Gomes to surrender her passport and remain in the country, and to abstain from any contact with her former partner, Ashiqur Rahman, unless mediated through lawyers. Gomes will stay in a home in Wolfville until her sentencing May 26.

"(But) I'm not really prepared to put that on the record at this point where we're going with that. These things are always subject to further negotiations," Mancini said.

Mancini did say, however, the charge Gomes pleaded guilty to has a range of possible sentences, from an absolute discharge to up to five years in jail.

later, and the charges were eventually upgraded to manslaughter.

Gomes, who has spent the last nine months in jail awaiting trial, was released on conditions pending her sentencing on May 26. Neither Smith nor defence lawyer Peter Mancini would comment on possible sentences.

"I think it's fair to say the Crown and I have had dis-

Former Halifax resident charged in B.C. murder

JEFF HODSON
Metro Canada

SURREY A former Halifax man with a criminal history in Nova Scotia was charged yesterday with murder for a fatal shooting last month at a McDonald's restaurant in Surrey, B.C.

Daon Gordon Glasgow, 26, was arrested Friday and charged with one count of second-degree murder in the shooting death of Terry Blake Scott, 39, at the restaurant.

Glasgow now resides in Surrey but previously lived in Halifax Regional Municipality, including Dartmouth, Uniacke Square and North Preston.

RCMP Cpl. Dale Carr, a spokesman for the province's integrated homicide investigation team, said video surveillance from the McDonald's played a significant role in the investigation.

According to a police statement, the shooting occurred around 6 p.m. on March 27 after an altercation broke out between two men at the rear of the restaurant, near the wash-

rooms.

The shooter, a young man in his 20s with a scruffy beard, ran from the restaurant on foot, fleeing north.

Police said the shooting was linked to the street-level drug trade.

Glasgow has a criminal history in Nova Scotia, including several convictions as a youth.

His most recent conviction in Nova Scotia as an adult came on Aug. 22, 2006, when he was sentenced to six months in jail for impersonation with intent to gain, resisting and obstructing a peace officer, and failing to attend.

On Jan. 10, 2003, Glasgow was sentenced to one year in jail for wrongful delivery of firearms.

WITH FILES FROM PHILIP CROUCHER



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Weapons, drug charges laid following search of vehicle

CRIME Four people are facing weapons and drug charges after police made a traffic stop yesterday on Stoneybrook Court in Halifax.

Police say they observed shotgun shells in the car and allege a person in the vehicle was trying to hide a

firearm. Police say the vehicle was then searched and officers found a sawed-off shotgun, marijuana, scales and cash.

Police say an adult male, two adult females and a male youth were charged in the incident.

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Four males aged 17 to 21 are facing drug charges after police say marijuana was seized during a vehicle stop on the Bedford Highway late Sunday night. The vehicle was pulled over near Sullivan's Hill at 11:45 p.m. A 17-year-old male is also facing breach of probation charges. **METRO HALIFAX**

Festival offering up stellar lineup

PHILIP CROUCHER
philip.croucher@metronews.ca

ENTERTAINMENT From days to now mere hours.

The 17th annual Eastern Front Theatre's SuperNova Theatre Festival is kicking off tomorrow night with two shows at Neptune Studio Theatre.

"I guess it's really happening," festival artistic director Scott Burke said about the build up to the popular event.

"We're really excited. It's a great lineup and it should be some great shows."

Piaf: Love Conquers All and The Bone House are the plays kicking off the festival tomorrow night.

Piaf: Love Conquers All celebrates the life and loves

SuperNova Theatre Festival lineup

- **Piaf: Love Conquers All:** Tomorrow through Saturday.
- **The Bone House:** Tomorrow through Sunday.
- **The Misfit:** Thursday through Sunday.
- **Grandma Noda's Tigers:** Sunday through May 9.
- **One Man Lord of the Rings:** May 5 to 9.
- **Impromptu Splendor:** May 5 to 9.

For ticket and showtime information, visit the Neptune Theatre box office.

of French chanteuse Edith Piaf and will take to the Neptune stage at 7 p.m.

The Bone House — described by Burke as The Blair Witch Project on stage — tells the story of a notorious serial killer known as Midnight Cowboy and will follow the first show at 9 p.m.

Overall, this year's festival has six plays with Neptune Studio Theatre serving

as host.

"They're going well," Burke said of ticket sales.

"It's always a bit of a last minute thing in Halifax in general, but we have some good advance on some of the shows."

That includes One Man Lord of the Rings and Impromptu Splendor — the final two shows to hit the stage for the festival beginning May 5.

Clearwater Seafoods names new chief executive

FOOD Halifax-based Clearwater Seafoods Limited Partnership has named a new chief executive officer who will take over from the company's founder and retiring CEO next month.

Ian Smith, who has more than 21 years of experience in food and consumer products industries, will take up his duties on May 17.

ShareYourViews
halifaxletters@metronews.ca

Smith takes over from founder Colin MacDonald, who will remain as chairman of Clearwater's board.

Smith, 46, has held senior positions at Campbell Soup Co. in the United States, China and Canada

with his most recent position as vice-president of business development for North America.

He also worked at Colgate-Palmolive.

Clearwater serves high-end restaurants and food service operators with most of its markets outside Canada in countries such as Japan and the U.S.

THE CANADIAN PRESS



The Nova Scotia Association of Realtors announced housing sales are up by 23.2 per cent across the province for the first three months of 2009, including by almost 30 per cent in Halifax-Dartmouth.

Housing sales rebound

After a downer 2009, Nova Scotia Association of Realtors statistics seem to indicate housing sales are jumping back to pre-global recession levels.

Despite a slight decrease in listings, sales through the Multiple Listing Service (MLS) were up 23 per cent from January to March this year over the first quarter of 2009. South Shore saw a 31.8 per cent sales hikes to lead the province, followed closely by Halifax-Dartmouth and the Annapolis Valley at

29.7 per cent each.

A total of 1,291 homes were sold in Halifax-Dartmouth in the first three months of this year, up from 995 in the same period from 2009.

Overall, 2,051 homes were sold across the province from January to March compared to 1,665 last year.

While the jump seems significant, NSAR president Karen Edwards said the market is returning to normal after a dip last year.

"It's almost on par with a healthy market from 2008," she said.

"These figures show the market is strong and making a full rebound, and much more quickly than we actually predicted."

Within HRM the areas that saw the most sales activity included Spryfield, Dartmouth, Beaver Bank and Upper Sackville. Edwards couldn't speculate as to why those areas were seeing more homes bought.

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Invasion lands man in hospital

HOME A 77-year-old P.E.I. man had to be treated in hospital after a home invasion in Summerside on Sunday evening.

The man was awakened from his sleep at about 10:30 p.m. after he heard someone inside his home.

When the elderly gentleman approached the suspects, a physical altercation took place, which eventually ended up outside the home.

Sgt. Sinclair Walker of Summerside's Major Crime Unit said a neighbour heard the victim yelling and called the police.

"The suspects fled the scene but the neighbour got a description of the vehicle," said Walker.

Approximately 30 minutes later police located a vehicle fitting the description on Central Street in Summerside.

Property from the robbery was located in the suspect's car. One male has been arrested and is presently in custody.

The victim was treated in hospital and later released.

CHARLOTTETOWN GUARDIAN

Shooting leads to assault charges

A 44-year-old man has been charged with aggravated assault with a weapon after a weekend shooting in Kedgwick, N.B. Pierre Bosse was remanded in provincial court yesterday. RCMP say a 911 call early Sunday led them to a local home where a 39-year-old man had been shot in the legs. **THE CANADIAN PRESS**

Dexter looks to cap bottled water

PAUL MCLEOD
paul.mcleod@metronews.ca

Environmental groups were excited to see their lobbying efforts against bottled water pay dividends yesterday.

Premier Darrell Dexter announced at the CUPE Nova Scotia annual convention that he has directed the environment department to draft new rules banning individual-sized bottles of water from being available in government buildings.

"Where there is potable water in Dexter (government buildings) departments will no longer use or provide bottled water," Dexter later explained to reporters.

CUPE had been one member of a coalition that has been lobbying governments to take a stand

against bottled water.

"This (is) exactly what we've been asking the province to do," said Jocelyne Rankin of the Ecology Action Centre.

Nova Scotia is believed to be the first province to take such a step, though it's not the first within the province. The municipality of Barrington was the first to ban bottled water from its buildings.

"To get the province to get on board with this is really phenomenal and does quite a bit to push the issue forward," said Rankin.

"Bottled water has a much larger environmental footprint than tap water. There's a lot more energy that goes into producing of plastic bottles, distribu-

tion, refrigeration and then disposal."

Rankin said Nova Scotia's tap water is rigorously tested and 1,000 times cheaper than the bottled variety.

CUPE president Danny Cavanagh said the move sends the message the government is committed to promoting "safe, clean municipal drinking water."

Dexter said so far the ban is not planned to extend to government agencies such as schools. However he didn't rule out expansion after the ban is set up in government offices.

Earlier this month environmentalists banded together for Bottled Water Free Day. Volunteers in Grand Parade Square in downtown Halifax handed out reusable water bottles in exchange for signatures on an "I Love Tap Water" poster.

Premier Darrell Dexter moved to eliminate bottled water in government buildings yesterday.



Opposition aims at water info snafu

POLITICS Opposition parties are raising questions after a cabinet minister didn't know about a prominent announcement within his department hours after it happened yesterday.

As he entered the legislature, Environment Minister Sterling Belliveau was asked about the government's decision to ban bottled water in provincial office buildings.

Despite being announced by the premier hours earlier, Belliveau, who is also fisheries minister, was unaware of the matter and asked for time to be briefed by staff.

When asked his opinion on the issue, he said he

didn't have one and again asked to check in with staff.

Liberal critic Andrew Younger said a minister being cut out of the decision-making process shows that "(Premier) Darrell Dexter runs his government like (Prime Minister) Stephen Harper. It's a one-man show and the ministers are just figureheads."

Tory critic Chuck Porter ridiculed Dexter for telling unions — the announcement was made at a CUPE annual meeting — before the minister in charge.

Dexter brushed off the comments. **PAUL MCLEOD/METRO HALIFAX**



Sterling Belliveau

G8 Spoofing Stephen



An unidentified man wearing a Stephen Harper mask participates in a protest by Oxfam over cuts to international development assistance, in Halifax yesterday near the site of this week's meeting of G8 development ministers.

News in brief

CHARGED A 27-year-old woman from East Preston is facing charges of robbery and breach of probation in relation to an incident last month. Halifax Regional Police say on March 30 at 9:50 a.m., a 55-year-old woman was walking in the area of Brunswick and Uniacke streets when two women approached her. Police say one of the women asked for cigarettes and money, and when the victim refused, she was threatened. Police say an investigation

has led to the 27-year-old being arrested. She's due in Halifax provincial court on May 27.

ARRESTED Five people are facing drug charges from several recent incidents in Colchester County. The RCMP say on April 25, 23-year-old Kevin Kenneth Hynes of Newfoundland and Labrador was arrested and charged after police say he was found to be in possession of cocaine, for the purpose of trafficking in Truro. Three days earlier, Jeremy Robert Thomp-

son, 28, and Nicole Maria-Kay, 26, were arrested and charged following a search by police at a residence on Alexander Drive in Debert. Police allege cocaine, marijuana, illegal cigarettes and a loaded handgun was seized. Another adult male was also charged in the search. Finally on April 16, police say they executed a search warrant at a home on East Mountain Road and found marijuana and drug paraphernalia. An adult male is facing charges.

METRO HALIFAX

Dartmouth man charged after alleged hit-and-run injures three

CRIME A 36-year-old Dartmouth man is facing several charges from an alleged hit-and-run incident earlier this month that resulted in serious injuries to three people.

Halifax Regional Police say a Toyota Corolla truck and a Chevrolet Silverado car collided head-on on

April 10 around 2 a.m. near the intersection of Braemar Drive and Braemar Court in Dartmouth.

The driver of the Silverado fled the scene, police say, while the three occupants in the other vehicle were all injured and had to be cut out of the vehicle.

The 36-year-old turned

himself into police yesterday and is facing three counts of dangerous driving causing bodily harm and one count of failing to stop at the scene of an accident.

He's scheduled to appear at Dartmouth provincial court in June.

METRO HALIFAX

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Melting ice pockets high in Canada's Arctic mountains are revealing details of how hunters stalked caribou in the region thousands of years ago. Human hunters have followed them there over generations and have left pieces of hunting gear behind. **THE CANADIAN PRESS**

Canada



Local food under Iggy's rule?

Liberal Leader Michael Ignatieff says he would put more Canadian food on Canadian tables if he became prime minister. The Opposition leader says he'd introduce a national food policy that would improve food safety, help struggling farmers and promote healthy eating.

THE CANADIAN PRESS

No support for abortion, says Oda

G8 Canada won't support funding for abortions in the developing world as part of a family planning initiative, International Co-operation Minister Bev Oda confirmed yesterday on the eve of a meeting with her G8 counterparts in Halifax.

Oda said Canada's contribution to the meeting could involve family planning and the use of contraceptive methods, but funding for abortions was a non-starter.

"The details remain to be determined," she told reporters yesterday. "However, Canada's contribution will not include funding of abortions."

Her declaration means a debate over abortion could threaten a bid to find a consensus at the two-day meeting, which is expect-

"Canada's contribution will not include funding of abortions."

Bev Oda, international co-operation minister

ed to focus on improving the health of mothers and small children in poor countries.

Caroline Riseboro of World Vision Canada said the abortion issue amounts to a distraction from what should be the central issue for the G8: Preventing 8.8 million child deaths per year from preventable conditions like diarrhea, malaria and pneumonia.

THE CANADIAN PRESS

Scandal hurts Tory polling numbers

POLITICS The Harper Conservatives have sunk to their lowest level of support in a year, dipping below 30 per cent amid the furor over the Guergis-Jaffer scandal.

A new poll by The Canadian Press Harris-Decima puts the Tories at 29 per cent, down three points from early April, and into a statistical tie with the Liberals, who are down two points at 27. The survey suggests Canadians are looking more favourably at the NDP as they become increasingly disenchanted

with the two main political parties. The New Democrats rose three points to 20 per cent, a level of support the party hasn't enjoyed since shortly after the last election in October 2008.

The NDP, which typically runs a distant third, now appears to be "benefiting from not being the other guys," Harris-Decima chairman Allan Gregg said.

He said it's unprecedented to have both the Conservatives and Liberals languishing simultaneously below 30 per cent.

THE CANADIAN PRESS

Tories dump more docs

More than 800 papers related to Afghan detainee treatment released

The Harper government has released another 800 pages of documents related to Afghan detainees.

The latest document dump came a day before a Canadian general and a top Foreign Affairs official are to appear at a military police inquiry in Ottawa.

Brig.-Gen. Richard Blanchette and Jillian Stirk, assistant deputy minister of Foreign Affairs, have been summoned to the Military Police Complaints Commission to ex-

plain why it's taking the government so long to release detainee documents.

Stirk is standing in for foreign affairs deputy minister Len Edwards, who is out of the country.

There didn't appear to be any new revelations in the stack of documents the Conservative government released yesterday afternoon. It's the third time the government

has dumped mounds of detainee paperwork after previously releasing 2,500 censored pages last month.

THE CANADIAN PRESS



Experts have their own ideas on how the G8 should handle rogue nuclear states.

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Probe

• The Military Police Complaints Commission is investigating an allegation from Amnesty International Canada and the B.C. Civil Liberties Association. The groups say Canadian military police did not properly investigate officers responsible for directing the transfer of detainees to Afghan authorities, allegedly at the risk of torture.

Vancouver Getting it off her chest



Boobquake participant Marilyn Hogan discusses the merits of revealing cleavage outside the Vancouver Art Gallery yesterday. The event, meant to poke fun at an Iranian cleric who claimed earthquakes were caused by immodestly dressed women, was attended mostly by men taking pictures with their camera phones.

News in brief

VIDEO An Ontario toddler is a hit in Hollywood after a video of the dancing tot won the grand prize on America's Funniest Home Videos. Keegan Adair and his parents Brendan and Rhonda of Lively, Ont., near Sudbury, won \$100,000 for a video of Keegan imitating a dancing doll.

COURT A Federal Court hearing in Toronto examining the case of a British MP denied entry to Canada has been put on hold until tomorrow. George Galloway's lawyer suffered a foot injury yesterday before the hearing was scheduled to begin and was taken to hospital.

DEBT A survey by the Royal Bank suggests four-in-10 Canadians over the age of 50, who have assets of at least \$100,000, have retired with some form of debt. And one-quarter entered retirement with a mortgage. The survey also notes that 70 per cent of retirees feel it is still important to be able to save part of their income, yet more than one-quarter have acquired new credit products since they retired. Inflation and taxes are a major concern, with more than one-third saying they are worried about inflation.

THE CANADIAN PRESS



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Brazil's health minister has a remedy for the nation's high blood pressure problem: More sex. Minister Jose Temporao says adults should be exercising more to help keep their blood pressure down — and he says a good cardiovascular workout includes sex, "always with protection, obviously." **THE ASSOCIATED PRESS**

World



Hef saves the Hollywood sign

Developers won't be building anything behind the landmark Hollywood sign. California Gov. Arnold Schwarzenegger said yesterday a final \$900,000 donation by Playboy founder Hugh Hefner completed the \$12.5 million fundraising drive to protect the 138 acres behind the famous sign.

THE ASSOCIATED PRESS

Activists rally against animal-testing plans

Indian bio-tech company set to open lab in Malaysia

An Indian bio-tech company's plans to set up laboratories for testing dogs and primates in Malaysia have angered animal rights groups who say the trial subjects could face suffering because the country has no regulations on animal research.

India's Vivo BioTech Ltd. inked a US\$141 million joint-venture deal in January to set up a biotechnology centre in southern Malacca state to develop and manufacture medicine. The centre will include laboratories where trial medicines will be tested on animals.

Vivo officials declined to comment on the issue when contacted yesterday. Malacca state officials

"Malaysia should not open the economy to businesses like this as it promotes cruelty."

Jacinta Johnson, SPCA official

could not be immediately reached for comment.

Activists say tougher regulations on animal testing in the West are pushing companies to outsource to Asia, where there are lax regulations and cheaper costs.

In a joint statement issued over the weekend, Malaysia's Society for the Prevention of Cruelty to Animals, the British Union for the Abolition of Vivisection and the European Coalition to End Animal Experiments cried foul

over the project because Malaysia has no laws protecting the welfare of animals used in experiments.

The groups submitted a protest letter to the government last week, urging it to halt the project, and also requested a meeting with the local authorities to discuss the issue, SPCA official Jacinta Johnson said Monday.

"Malaysia should not open the economy to businesses like this as it promotes cruelty," she said.

THE ASSOCIATED PRESS

Chernobyl anniversary Un-Masking their anger



A young Belarusian protester takes part in a rally to commemorate Chernobyl nuclear disaster in Minsk, Belarus, yesterday. In Minsk's heavily policed central square, about 2,000 demonstrators held aloft opposition flags bearing slogans such as "Dictatorship is like another Chernobyl," and "You cannot stop radiation with decrees."

STEFAN GUTZKE PHOTO

Philippines Presidential protest



Protesters clash with riot police as the former try to force their way closer to the Presidential Palace during an anti-government rally yesterday in Manila. The protesters demanded Philippine President Gloria Macapagal Arroyo step down when her term ends on June 30 amidst allegations she will extend her term even if she loses the May 10 presidential elections.

News in brief

IRAN Facing the threat of new UN sanctions, Iran's president says the veto power held by the U.S. and other permanent Security Council members is a "satanic tool." In a speech in Tehran, Mahmoud Ahmadinejad said yesterday the veto rights giving those nations

more power than other council members are used to "suppress and destroy the nature of the human being." Besides the U.S., the other permanent members are Britain, France, Russia and China.

THE ASSOCIATED PRESS



Will an alleged Muslim polygamist be a boon for France's proposed burqa ban — or will it backfire?

Scan this code for the story. Learn how to scan on the Local page.

Kaczynski's twin to run for Polish president

EU Polish opposition party leader Jaroslaw Kaczynski says he will run in early presidential elections called after his twin brother was killed in a plane crash.

The elections were called for June 20, after President Lech Kaczynski, his wife Maria and 94 others were killed April 10 in Smolensk, in western Russia.

They were travelling to Russia to attend a memorial for thousands of Polish army officers executed in the Katyn forest in 1940 by the Soviet NKVD secret police.

"The good of Poland is a common duty that requires an ability to over-

All in the family

- The brothers became politically active when they joined the anti-communist opposition in the 1970s. They later served as advisers to the Solidarity movement in the 1980s and served briefly as advisers to Solidarity leader Lech Walesa during his 1990-95 presidency.

come personal suffering, to undertake the task despite a personal tragedy," Jaroslaw Kaczynski said.

The president's term was to expire in December. His brother

said yesterday he will run to continue the late president's mission.

The twins founded the Law and Justice Party in 2001. In 2006, Lech Kaczynski appointed his twin brother as prime minister, a post he filled until he was defeated in a 2007 general election. Parliamentary Speaker Bronislaw Komorowski, who automatically became president upon the death of Kaczynski, is currently the front-runner.



Jaroslaw Kaczynski

THE ASSOCIATED PRESS

Britons burned by 'toxic sofas' get compensation

LAW SUIT A British court says hundreds of people who received chemical burns from leather sofas will share 20 million pounds, or about \$30 million, in compensation.

The customers took legal action after claiming of skin and eye complaints or breathing difficulties from the Chinese-made furniture, dubbed "toxic sofas."

Side-effects

- Dimethyl fumarate is known to cause mild to severe skin rashes and caused a serious burn and red welts in an eight-month-old baby.


The problems were blamed on dimethyl fu-

marate, a fungicide designed to stop the furniture from becoming mouldy.

The European Union banned the chemical last year. Lawyers told a judge at London's High Court that an agreement had been reached between the plaintiffs and a company that owns several furniture retailers. **THE ASSOCIATED PRESS**


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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Worth mentioning

Pirates preparing to storm the Hill

Yar! There be a new party on the high seas of Canadian politics.

The Pirate Party of Canada can now run buccaneers in the next federal election, where it says it will run on a platform of measures to fight copyright laws.

Canada's chief electoral officer, Marc Mayrand, granted the Pirates eligible

party status April 12.

They will officially join the 19 other registered parties as long as they field at least one candidate in the next election. The party broke the news to its "maidens and gentlepirates" earlier this month.

"After 10 months of dedication and hard work, we have reached eligible sta-

tus, which only leaves a 60-day 'purgatory' period," says a statement on the Pirates' website.

"After that, we will field candidates in subsequent federal elections, and begin the real work of a political party."

The Canadian Pirate Party's founders want to make it legal to copy songs,

books, movies and artwork for private, non-commercial use. The party also wants to ban patents on software, life forms and plants, and stretch Canada's privacy laws to cover all digital data.

Parties that want to run in federal elections must be registered with Elections Canada.

Being registered means the Pirates can issue tax receipts for political contributions, and they must report their finances to the elections watchdog.

The Pirate Party was founded last June. It's modelled after Sweden's Pirate Party, the country's third-largest party, which won a seat in last year's European

Parliament elections.

Pirate Party Leader Jake Daynes wasn't immediately available to comment.

The Pirates will join other, lesser-known registered parties such as the Marijuana Party, the Rhinoceros Party, the Work Less Party and the Animal Alliance Environment Voters Party of Canada.

THE CANADIAN PRESS

Noteworthy

Web shifting doc, patient power balance

Rebecca Cooney may have a debilitating, degenerative disease, but that doesn't mean she's ready to automatically defer to the authority of the medical community.

"I've never been a person who thinks somebody else can make decisions for me. Even my doctors — they're the experts, I take what they say, but I have my own mind and my own information," says Cooney, 42, who has been living with multiple sclerosis for the past 18 years.

"I'm not one that believes the Pope is the only one who can speak to God. I can speak to God myself."

There have always been patients with Cooney's in-

"The Internet — email — has really allowed me and most of the MS patients to really work in conjunction with the doctors ..."

Rebecca Cooney, MS patient

dependent bent. But these days there seems to be hordes of them, due in large measure to the extraordinary reach of the Internet.

A technology that makes a pioneering or profiteering clinic somewhere overseas a mere Google search away, the Internet is changing the nature of patient advocacy. It's amping up the activism.

And those more activist patients, who share infor-

mation and strategies through email, discussion boards and Facebook, are in some cases altering the research agenda in fields such as cancer, alternative medicine and now multiple sclerosis.

Some want access to experimental drugs or therapies before science has proven they are safe or useful. In other cases, they are agitating for a say in which theories, techniques or treatments get research

funding.

"The Internet — email — has really allowed me and most of the MS patients to really work in conjunction with the doctors, which we've never been able to do," she says.

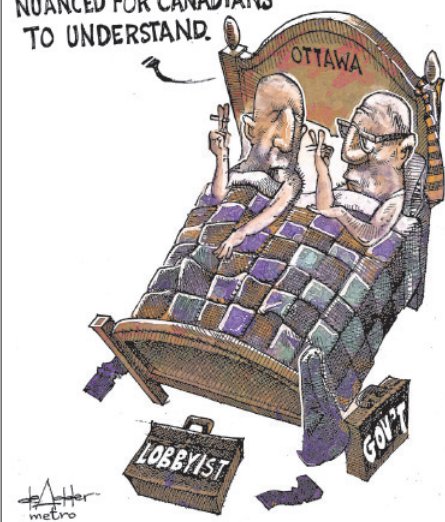
"It used to be almost what your neurologist said or what your doctor said was God. You couldn't really debate it. You couldn't say anything. Because you didn't know."

"Now, I'm empowered. I can find out information."

Other players are not so enthusiastic, saying the change is fostering tension within disease advocacy organizations and between doctors and their patients.

THE CANADIAN PRESS

THE RELATIONSHIP BETWEEN LOBBYIST AND POLICYMAKER IS TOO NUANCED FOR CANADIANS TO UNDERSTAND.



MICHAEL DI ADDER

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11

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Higher rates don't scare homebuyers

Canadians comfortable with debt: CMHC

The Bank of Canada may be concerned about the level of debt homeowners are assuming, but consumers who have recently taken out or renewed their mortgage are not.

A new online survey of Canadians active in the mortgage market, including first-time buyers, shows the vast majority are not only comfortable with their level of debt, but two-thirds think they will pay their loans off sooner than required. The annual survey by Canada Mortgage and Housing Corporation also suggests that Canadians are savvy consumers when it comes to buying a home.

On average, consumers surveyed say they took a year to think through their decision and 89 per cent said they used the Internet to research mortgage options.

According to the CMHC, nine in 10 new buyers be-

81 The Canada Mortgage and Housing Corporation survey found that 81 per cent are "comfortable" with their level of debt. But even the 19 per cent who did not answer in the affirmative didn't raise a red flag — 13 per cent were neutral, five per cent were somewhat not comfortable, and only one per cent said they were very uncomfortable.

lieve ownership is a good long-term investment and that now is a good time to purchase a home.

The housing market has been one of the mainstays of the economic recovery, with prices and sales already back, and in some markets, beyond pre-recession levels. Among first-time buyers,

85 per cent said they had a good understanding of how much of a mortgage they could afford.

The results are not surprising to CIBC economist Benjamin Tal, who recently researched the housing market for his bank. Tal's report tended to undercut concerns that Canadians were significantly vulnerable to rising interest rates.

"The number of people who are really, really vulnerable is a relatively small number," he said.

THE CANADIAN PRESS



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RIM faces challenging times

TECH The heat is on BlackBerry-maker Research In Motion as the company heads into its annual industry showing of new products and services in what could be the most competitive year yet for smartphones.

The Waterloo, Ont.-based company opens the three-day annual showcase today in Orlando, Fla., where it is expected to update some devices, add new products and partnerships and, perhaps, offer a few surprises.

There are rumours that

RIM will announce an updated web browser designed to compete with Apple's popular iPhone, and perhaps even plans for a new operating system.

"In the evolution of the company, this is going to be a very important year, for sure," said Neeraj Monga, an analyst for Veritas Investment Research Corp.

Whether this year is literally such a sink-or-swim scenario for RIM is debatable, but it's hard to deny the company is facing some of its fiercest competition yet.

In the past year, both the iPhone and Google's Android smartphones have gained notable shares in North America's smartphone market, a space once clearly dominated by RIM's BlackBerry products.

While RIM was able to build on its solid base within the business and government communities by adding consumer-friendly features to various BlackBerry models, the company has still been under plenty of scrutiny.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

7 hidden homebuying expenses

Alison On Money

Alison Griffiths



metronews.ca/alisononmoney

Spring may be the traditional season of love but it is also the season of nesting. Last week I started a list of extra homebuying expenses. Here are seven more to help you budget.

1 Replacements: Curtains and rugs come in standard sizes but, amazingly, when you move they never seem to fit the new nest. And if the drapes remain from the previous owner they will never match your furniture.

2 Condo costs: These can include a parking spot if one doesn't come with the unit and the monthly condo fee paid in advance.

3 Commuting: If you are moving out of town to get more house for your money don't forget to factor in the additional

costs of commuting. While not directly related to your house purchase, commuting has a big impact on your bottom line.

4 Moving: You will be stunned at the cost especially if you are moving more than a couple of blocks. Before you buy get estimates for your preferred locations. Do-it-yourself moving is cheaper but costs include the moving van, gas, broken items and worn out friendships.

5 Repairs: You know how it goes. The real estate agent sails through the house noting that a little paint here, a bit of carpentry there and you have an Elle Decor worthy abode. Take a camera with you to record what repairs must be made and also those you would like to make. Pass these on to the home inspector, most of whom will provide estimates for repair or replacement of common items.

6 Insurance: Necessary but often forgotten while calculating monthly payments. Get at least two estimates and make sure you inquire about the need for separate riders for items such as jewelry,

high-end bicycles, art and antiques. Cost is highly variable depending on replacement value of house, value of contents and coverage.

7 Tax: Last, but not least, new construction will be subjected to GST/HST. In Ontario and B.C., the HST debuts July 1 but there are rebates to alleviate or eliminate the pain. Go to www.hstin-canada.com

Canada Mortgage and Housing Corporation has an excellent section on its website called Homebuying Step by Step. (www.cmhc-schl.gc.ca/en/co/buho/hostst/index.cfm).



Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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Your Money

Fixed rates versus variable

With a growing number of people looking to buy a home, every homeowner faces the question of whether to choose a fixed or variable rate mortgage.

"The most important thing a current or first-time homeowner can do is talk to a knowledgeable mortgage expert about their situation and make decisions based on their particular circumstances," said Jane Yuen, senior manager, mortgages, BMO Bank of Montreal.

The case for going fixed: There's a small risk of an in-

"The most important thing a current or first-time homeowner can do is talk to a knowledgeable mortgage expert about their situation." Jane Yuen, BMO

flation flare-up as global central banks keep the pedal to the policy metal, coupled with record government deficits. If the Bank of Canada raises interest rates significantly, variable mortgage rates could head up, too, but leave fixed rates relatively unscathed. Plus, fixed rates are currently attractive given that short-

term rates are already as low as they can go.

The case for going variable: Variable rates have generally been less costly over time. The calm outlook for inflation will likely keep price pressures at bay well into 2011. There's also some risk to locking in as fixed rates could fall if the economy performs worse than

anticipated.

The verdict: For those who don't have a lot of financial flexibility — such as first-time homebuyers and those who would run into difficulty from an upswing in interest rates — the moderate extra cost for peace of mind from going fixed may be a price worth paying. There's also a reasonable chance fixed rates may actually prove to be a cheaper alternative. It's likely that variable rates will climb by enough to tilt the balance in favour of fixed rates.

NEWS CANADA

Life insurance can protect a new home

Buying a new home can be exciting, but keep in mind that it is a key life event that requires a thorough review of your personal financial plan, including your insurance needs.

Imagine if something unexpected — such as a serious illness or accident — happened to you or your spouse. Without the right insurance coverage, your family may not be able to afford the costs associated with owning a home.

Here are some things to consider as you review

your life insurance needs:

- Could your family afford to keep your home with only one income?

- Could your family pay the mortgage and cover utilities and maintenance expenses?

- Could your family maintain their current lifestyle and pursue future aspirations?

For more on life insurance, visit www.rbcinsurance.com/guide to download a free customized insurance life guide.

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Tampa Bay Lightning defenceman Kurtis Foster, San Jose Sharks forward Jed Ortmeyer and Washington Capitals goalie Jose Theodore are the finalists for the Bill Masterton Memorial Trophy. The award is given to the NHL player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey. **THE CANADIAN PRESS**

Masterton finalists named

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Howard signs hefty deal

Ryan Howard agreed to a \$125-million US, five-year contract extension through 2016 with the Philadelphia Phillies yesterday that includes a club option for 2017. The 30-year-old slugging first baseman will have a \$25-million guaranteed average salary, which will be baseball's second-highest behind Alex Rodriguez's \$27.5-million average.

THE ASSOCIATED PRESS

Habs force Game 7

(Series tied 3-3)

Capitals 1 Canadiens 4



Mike Cammalleri scored two early goals and Jaroslav Halak made 53 saves as the Montreal Canadiens staved off elimination from the NHL playoffs for a second game in a row with a 4-1 victory over the Washington Capitals last night.

The best-of-seven first-round series is tied 3-3 with

the decisive Game 7 set for tomorrow in Washington.

Maxim Lapierre also scored and Tomas Plekanec had an empty-net goal for the Canadiens, who killed off six Washington man advantages and have held the league's best regular-season power play to 1-for-30 in the series.

Eric Fehr finally broke Halak's bid for a first career playoff shutout on Washington's 52nd shot with 4:50 left in the game.

Halak, who has shone in all three Montreal victories, set a season high for saves as the high-powered Cap-

tals' attack dominated territorial advantage but was foiled time and again by the 24-year-old from Slovakia.

His 50th save was a dramatic stop with his glove on rookie John Carlsson during a Washington power play.

Halak set the tone early, making back-to-back saves off Alexander Semin from the slot and Brooks Laich on the rebound. He stopped 18 Washington shots in the first period alone.

The Canadiens were called three times for diving — Brian Gionta once and Lapierre twice.

THE CANADIAN PRESS



Montreal Canadiens goaltender Jaroslav Halak makes a save off Washington Capital Brooks Laich last night in Montreal. The Canadiens won 4-1 to force Game 7 in their first round series.

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SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS
Montreal 4 Washington 1 (Series tied 3-3)
Boston 4 Buffalo 3 (Bruins win series 4-2)
Chicago 5 Nashville 3 (Chicago wins series 4-2)

TODAY'S GAME

Detroit at Phoenix, 10 p.m. (Series tied 3-3)

NBA PLAYOFFS

YESTERDAY'S RESULTS

Orlando 99 Charlotte 90 (Magic win series 4-0)

Milwaukee 111 Atlanta 104

Portland at Phoenix

TODAY'S GAMES

Miami at Boston, 8 p.m. (Celtics lead series 3-1)

Chicago at Cleveland, 9 p.m. (Cavs lead series 3-1)

San Antonio at Dallas, 10:30 p.m. (Spurs lead series 3-1)

Okla. City at L.A. Lakers, 11:30 p.m. (Series tied 2-2)

BASEBALL

YESTERDAY'S AL RESULTS

Boston 13 Toronto 12

Detroit 8 Texas 6

Kansas City 3 Seattle 1

Cleveland at L.A. Angels

YESTERDAY'S NL RESULTS

Chicago Cubs 4 Washington 3 (10 ins)

Florida 10 San Diego 1

L.A. Dodgers at New York (ppd., rain)

Milwaukee 17 Pittsburgh 3

St. Louis 4 Atlanta 3

Arizona 5 Colorado 3

Philadelphia at San Francisco

Bruins win to send Sabres packing

(Boston wins series 4-2)

Sabres 3 Bruins 4



NHL David Krejci had two goals and one assist to lead Boston to a 4-3 victory over the Buffalo Sabres in Game 6 of their first-round playoff series last night and put the Bruins in the Eastern Conference semifinals.

Tuukka Rask stopped 27 shots for Boston, which will play either Philadelphia or Pittsburgh in the

second round.

It's Boston's second playoff series victory — and first at home — since 1999.

Buffalo, which missed the playoffs in each of the past two seasons, has not advanced since reaching the conference semifinals in 2006 and '07.

Mark Recchi had a goal and an assist, and Miroslav Satan also scored for the Bruins.

Olympic MVP Ryan Miller made 28 saves for Buffalo.

Patrick Kaleta and Nathan Gerbe scored for the Sabres, and Thomas

Vanek made it 4-3 with 1:13 left after the goalie was pulled for an extra skater.

Buffalo was 0-for-19 on the power play in the series.

THE ASSOCIATED PRESS



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Sports in brief

NHL New Jersey Devils coach Jacques Lemaire has retired following his team's first-round playoff elimination for the third straight year. Lemaire made the surprising announcement yesterday, four days after the Devils were ousted by the Philadelphia Flyers in five games.

NFL The New England Patriots yesterday released former Pro Bowl linebacker Adalius Thomas, who joined the team as a high-profile free agent in 2007, but fell into disfavor with coach Bill Belichick last season.

NFL The Jacksonville Jaguars have released two-time Pro Bowl defensive tackle John Henderson, opening up a start-

ing spot for first-round draft pick Tyson Alualu.

NFL Steelers quarterback Ben Roethlisberger says he won't appeal his six-game suspension for violating the NFL's personal conduct policy. Emphasizing he committed no crime, Roethlisberger apologized yesterday to his teammates and fans for his behaviour last month in a Georgia bar, where a 20-year-old college student accused him of sexual assault.

SOCCER England midfielder David Beckham says he won't recover from his Achilles injury to play again until November, ruling him out of the entire MLS season for the Los Angeles Galaxy. **METRO NEWS SERVICES**

Pinkney's rink to be honoured with parade

Colchester County will get its chance to celebrate with the Colleen Pinkney-skipped rink that won a world senior women's curling championship in Russia on the weekend. A parade will be held today through Truro with a reception afterward at the Truro Curling Club. **TRURO DAILY NEWS**

Gilchrese's stock ready to soar?

Rainmen PG could play in NBA Summer League

MATTHEW WUEST
matthew.wuest@metronews.ca

Halifax Rainmen point guard Eric Gilchrese could get a chance to strut his stuff at Las Vegas' annual NBA Summer League.

Manchester Millrats assistant coach David Jernigan said he has received approval to take a team of professional all-stars to the July 9-18 event and that he will consider Gilchrese among the "two or three" players he takes from the Premier Basketball League.

The six-foot Gilchrese split this season between Manchester and Halifax. His numbers took a hit when he joined the Rainmen in a backup role at mid-season, but he averaged 13.9 points and 2.9 as-

"He carries himself well, he plays hard, he competes hard, his heart's in the game and his attitude is right."

Manchester Millrats coach David Jernigan

sists in 19 games overall.

"I like Eric, I like him a lot," said Jernigan, who coached Gilchrese for 11 games in Manchester. "He carries himself well, he plays hard, he competes hard, his heart's in the game and his attitude is right."

Jernigan said he will pick a maximum of 12 players. He wants to give minor-leaguers a chance to make an impression on scouts and help them move on to a higher level.

Last summer, 21 NBA teams had entries in Las Vegas in addition to a

squad of NBA D-League all-stars.

"I want to get them a chance to get looked at by some NBA scouts and some international scouts," said Jernigan, a former pro player who attended NBA training camps with the Houston Rockets and Denver Nuggets. "It gives the young guys an opportunity to get looked at."

Gilchrese was also named an injury replacement for teammate Tony Bennett for the PBL all-star game, which will be held this coming Sunday at the Metro Centre.



Rainmen point guard Eric Gilchrese averaged 13.9 points in 19 games between Manchester and Halifax this season.

All-New Brunswick final now a reality

QMJHL New Brunswick's dream of a Saint John Sea Dogs-Moncton Wildcats matchup in the QMJHL final has become a reality.

The Sea Dogs completed a six-game semifinal victory over the Victoriaville Tigres last night in convincing fashion, winning 7-1 on home ice with a hat trick from league MVP Mike Hoffman.

Nicholas Petersen and Simon Despres added a goal and two assists apiece to help the Sea Dogs advance to their first final since joining the QMJHL as an expansion franchise in 2005-06.

The Wildcats had already advanced to the final on the weekend after dispensing of the defending champion Drummondville Voltigeurs in the other semifinal in five games.

METRO HALIFAX

Events taking place across local HRM events are:

EASTERN SHORE, JUNE 11

Eastern Shore Community Centre,
Musquodoboit Harbour

DARTMOUTH, JUNE 18

CFB Shearwater

EAST HANTS, JUNE 25

Enfield/Elmsdale District Lions Club



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Sports in brief

AHL Andrew Gordon of Porters Lake is on a tear in the American Hockey League playoffs. The 24-year-old Hershey Bears forward is tied for the post-season lead in goals with eight in seven games and sits second in the scoring race to teammate Alexandre Giroux with 12 points. The Bears are whipping opponents as they vie for their second-straight Calder Cup and have scored a league-best 29 goals in just seven games so far. Gordon, who has appeared in three NHL games with the Washington Capitals, was a second-team AHL all-star this season.

METRO HALIFAX



Dinos QB Erik Glavic led Canada West in a number of offensive categories last season. He was rewarded last night with the BLG Award as CIS male athlete of the year.

Glavic nabs CIS male athlete honour

MATTHEW WUEST
matthew.wuest@metronews.ca

FOOTBALL Erik Glavic has added a BLG Award to his already impressive trophy collection.

The former Saint Mary's Huskies football quarterback, who transferred to the University of Calgary in January 2009 after three years in Halifax, won the BLG Award as Canadian Interuniversity Sport male athlete of the year last night in Calgary.

Glavic, who earned a \$10,000 scholarship along with the trophy, had al-

ready been named winner of the Hec Crighton Award as CIS football player of the year for the second time in his career.

The six-foot-six, 230-pound native of Pickering, Ont., led Canada West in total offence (336.1 yards per game), touchdown responsibility (20), rushing average (10.5 yards per carry), pass efficiency (181.6) and passing TDs (14).

"This is a tremendous honour," Glavic said. "Just to think the eight of us were selected (as finalists) amongst over 10,000 CIS athletes, it's pretty amazing. I was surrounded by

"I was surrounded by very talented athletes with the Dinos last season and I can't wait to get back on the field with them."

Erik Glavic

very talented athletes with the Dinos last season and I can't wait to get back on the field with them."

British Columbia Thunderbirds women's volleyball outside hitter Liz Cordonier was named the female BLG Award winner.

Fall River's name is derived from a stream running between Miller Lake and Lake Thomas which had a waterfall. These falls supplied water power for several mills during the 19th century as well as a local electrical utility during the early 20th century. The waterfall was demolished in the late 1950s. **METRO NEWS SERVICES**

Your Neighbourhood:

Waverley/Fall River

EDITOR: SARAH.CAIRNS@METRONEWS.CA

Country living close to the city

JON TATTRE
for Metro Halifax

Located 25 kilometres north of Halifax en route to the airport, Waverley/Fall River attracts residents by offering a semi-rural setting with city advantages.

Barry Dalrymple is the HRM councillor for Waverley-Fall River-Beaver Bank. He was born in Fall River, but left at age 19 when he joined the RCMP and was stationed in Manitoba.

Dalrymple says he applied for a transfer home every year before finally returning 13 years ago. "It's the people," he says. To illustrate, he explains every time District 2 puts out a call for volunteers, he's overwhelmed by the response.

The Waverley Sports Park highlights an extensive range of public facilities that include minor-league organizations for basketball, football, baseball and soccer. Dalrymple runs the baseball league and they have 400 kids playing this year and a new ball field is being built

Lakefront living

Fall River-Waverley offers lots of one or more acres and plenty of privacy and lakefront property. House prices range from just under \$200,000 to \$1 million.

"Basically, it's all single-family dwellings," says Dan Chisholm, a realtor with the Sutton Group who has decades of experience in the area. "There is very limited availability for apartments and no condos whatsoever."

He attributes that to the area being predominantly on well water and septic tanks. Some areas, such as Fall River Village and Capilano Country Estates, are on city water, but that's not the norm.

The lack of apartments in real-estate district 30 means the demographic slants towards couples in their 30s with children up to retirement-age couples.

to allow the league to expand.

"Our school system is absolutely top notch," he says. That includes the new Lockview High School, George P. Vanier Junior High and several elementary schools including the new Waverley Memorial-LC Skerry School, scheduled to open in September.

Other facilities include the Fall River Rec Centre, Waverley Legion and Beaver Bank Community Centre, which is being rebuilt after a fire last year. The volunteer fire

halls in the area also have halls that are open to the public and the Sobeys shopping mall is expanding its retail offerings.

The majority of the 5,000 residents commute into Halifax/Dartmouth for work or go the other way to the 6,000 jobs at the airport.

Ironically, transportation is a big problem. There are no buses to the area, meaning everyone drives. That makes life difficult for university students and anyone else without a car.

Bonnie Ryan is working



Above: A single-family dwelling in Waverley. Right: Fall River shopping district.



hard to gather the community resources under one website — she's the webmaster for the community-based fallriver.ca, set to go live in late May.

"If you move to Fall River and want to put your son in Beavers, you'll be able to find that information on there," she says. Ryan has lived in Beaver Bank for 25 years and works at Ashley Jefferson Elementary School in Waverley.

"It's the country life, but close to the city," she says.

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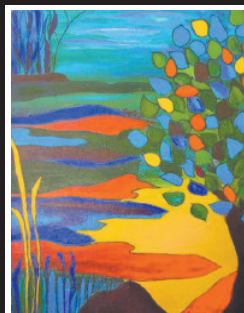
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Doctors Eye Clinic celebrates sixth branch in Fall River

The future just got a little clearer in Fall River with the opening of a new Doctors Eye Clinic at the intersection of Fall River Road and Highway 2.

It's the clinic's sixth branch, joining a newly acquired practice in Truro, a recently renovated Spring Garden Road location and operations in Scotia Square, Sackville and Spryfield. Doctors Eye Clinic has been serving HRM for over 25 years and general manager Vince Baker says the time was right to expand.

"Since we opened the door on March 15th, Fall

River has been growing mainly through word of mouth," he says. We were looking for a new location and Fall River was the perfect spot because of its growing population and its strong sense of community. "We're getting a lot of people walking in and saying, 'It's about time.'"

Baker says the dedication to overall eye health is what sets Doctors Eye Clinic apart from the competition.

"We not only fill the prescription, we also dedicate a significant portion of the exam to the eval-

uation of your ocular health," he explains. "It's not just about refraction, or the ability to see well and read well, it's about dealing with issues like; How healthy are my eyes? Do I have glaucoma or is anything developing? A proper eye exam is looking deep into the eye, looking at the optic nerve, looking for tell-tale indicators that there are problems."

The doctors at Doctors Eye Clinic, including Dr. Euan McGinty

at the Fall River clinic, are industry leaders who regularly address national and international conferences, ensuring patients

get the best care available.

To get that perfect fit with the desired brand, Doctors Eye Clinic is the place to go.

"What our patients are getting is a complete eye health evaluation and their prescription from a Doctor of Optometry, matched to a lens recommended by a Licensed Optician, paired with the frame that they've picked because it suits their lifestyle and fashion sense. They're getting quality and the full warranty that comes with a pair of our prescription glasses."



(top) General Manager Vince Baker inspects inventory. (bottom) The sixth location serves a needed area of Fall River.

Doctors Eye Clinic
Doctors of Optometry

To book an appointment you can call 454-2020 or drop in to the clinic, which is open Monday & Friday from 9 to 5 and Wednesday from 9 to 8. Learn more at DoctorsEyeClinic.com.

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ESSILOR, the maker of Crizal lenses congratulates Doctors Eye Clinic for the grand opening of their Fall River location.

Outdoor lovers have year-round choices

RICHARD WOODBURY
for Metro Halifax

With its abundant lakes, parks and trails, it's not hard to find a place to do something outdoorsy in the Waverley/Fall River area.

"There are a couple (of) just beautiful provincial parks and beaches here," says area councillor Barry Dalrymple.

The Oakfield Provincial Park is one of two provincial parks in the area. It has a boat launch, a beach and some nearby walking trails.

The Laurie Provincial Park is another option for people, although the facility is undergoing a major redevelopment this year. The camping portion of the park is closed for the year. Renovations include a new washroom and shower building. There will also be minor renovations to the day use part of the park where people picnic or swim.

The area is a haven for water enthusiasts



Left: One of the many parks and trail systems in Fall River. Right: Lakeside living in Waverley.



"For the most part, people will still probably be able to access the day use portion of the park for most of the summer, but there may be times when it's not available because of other construction," says Harold Carroll, the director of parks and recreation for the department of natural

resources.

During the winter months, the Ashburn Golf Club is the perfect place for a hike or a toboggan ride.

"They totally welcome and allow the public to use the entire golf grounds all winter long," says HRM recreation coordinator Teri Peace. "It's such a huge plus for the community. All the fami-

"There are a couple (of) just beautiful provincial parks and beaches here."

Barry Dalrymple, councillor

lies go tobogganing or sliding there in the wintertime because there are... these incredible hills and it's all beautiful open space."

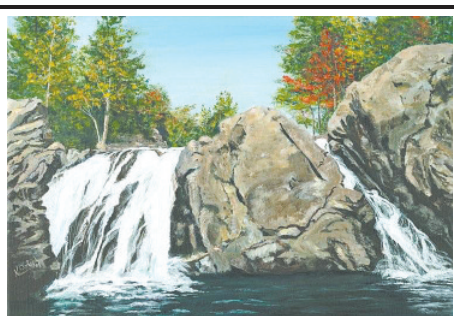
She says you'll even see people snowshoeing,

cross-country skiing or walking their dogs.

The Charles L. McDonald Sportspark has a number of trails open year-round and is a popular attraction. The trails wind along Lake Thomas.

"A lot of the local sports teams use it as a training area for running," says Peace. "There's (even) some cyclers and in the winter, you see cross country skiers in there."

Also on Lake Thomas is the CHEEMA Aquatic Club. The club is well known for the top-level paddlers it has produced, such as local resident Karen Furneaux.



Falls in Fall River, circa 1900

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What's in a name: Part II

The name of the 14th Palette Art Group comes from the fact that District 14 was the name of the district before Waverley joined the HRM. **METRO NEWS SERVICES**

your neighbourhood: waverley/fall river **19**

SUBMITTED



Above: Dartmouth marine slip by Anne Fraser. Left: Three in a row by JoAnne Muise

Art sale runs May 12-15

Artistic support

RICHARD WOODBURY
for Metro Halifax



The 14th Palette Art Group will be holding its annual spring sale from May 12 to May 15 at the Bedford Place Mall.

"We enjoy having them here," says Stephanie McDougall of the Bedford Place Mall. "The artwork is beautiful. (We're) always happy to support local artists and (we) enjoy looking at their talent."

"It's always been very warmly received by our customers," she adds.

JoAnne Muise agrees. "I think they look forward to coming and seeing us there," says the group's exhibition director.

"...We've been there for so long (that) people are used to seeing us there."

She's been in the group since it formed in 1980. The spring sale is one of two sales the group puts on at the Bedford Place Mall every year. The other sale happens at Christmas-time.

There'll be something for everyone at the sale.

"They're all original paintings, all sizes, all shapes, all prices and all local artists," says Muise with obvious pride.

The group has close to 40 members and they get together once a month to have workshops to improve their painting skills.

A professional is hired to facilitate the workshops, but members also meet outside of the group.

"Some of the other members get together to

paint otherwise," says Muise.

As much as the group's purpose is to paint, "It's a social thing as well," she says.

Muise had an integral role in the forming of the group.

"I was teaching painting in the Fall River area and I was going to quit teaching, but the ladies in the classes all decided they wanted to continue to paint together, so they formed the group," says Muise.

"They're all original paintings, all sizes, all shapes, all prices and all local artists."

JoAnne Muise, artist

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A variety of camps for all ages will be offered this summer in Fall River and surrounding communities:

- Preschoolers and children can let their imaginations run wild, be active and have fun with friends in one of the many sport or specialty camps offered throughout July and August.
- Youth can also get involved this summer by grabbing a racket and heading to the courts for one of our two week tennis camps or choose to hone their leadership skills by joining the Youth Leadership program. Full day and half day camp options are available to fit your schedule.

For camp details or to register please call the Gordon R. Snow Community Centre at 860-4570 or visit www.halifax.ca/rec.



Golden era remembered

JON TATTRIE
for Metro Halifax

The Waverley/Fall River area has been occupied by Mi'kmaq for thousands of years. The lakes and rivers formed a critical part of the water highways connecting communities across what is now Nova Scotia.

When European settlers arrived, Waverley slowly grew into a settlement of 20 farm houses until it literally struck gold in the mid-1800s.

Within eight years, 2,000 people had flooded the hamlet seeking their fortune.

Even the local Anglican church, built in 1861, eventually picked itself up and waddled down the road to be at the centre of the action.

By the end of the centu-

ry, the village was hoping with 138 shafts sunk into the glittering earth. The area yielded 72,566 ounces of gold between 1862 and 1940, writer Mike Parker notes in *Gold Rush: Ghost Towns of Nova Scotia*.

Dogged by a dark side of violence and booze, it was a border town full of transient people mauling the earth for the yellow metal.

Waverley still holds Gold Rush days in September, but things have quietened down. The Rocky Lake Drive church was desanctified in 1991 and turned into a museum.

Annie Smith founded the Waverley Heritage Museum and still oversees its collection of old photographs, tools, golden sou-

venirs and antique furniture.

Her grandfather was one of the original gold hunters, C.P. Allen, whose name lives on in a local school.

"I was christened here and brought up here," she says. "It was very sad when they closed (the church), but perhaps they were tears of joy, because it's still my church."

Fall River, just a few kilometres west of Waverley, was founded in the late 1700s by mostly German families.

Its people historically made a living working the lakes, using mills to convert their energy into electricity to power furniture

Gold Rush Days are in September



Above: The Waverley Heritage Museum. Below: Annie Smith, founder of the museum.

factories.

While it had a long, sleepy period as Waverley exploded and contracted with the gold rush, it has steadily grown in size in recent years, making the most of its country setting near Highway 102 to attract people who work in Halifax or at the Halifax airport.

A strip mall and grocery store cemented its place as the current hub of the area.



Word on the street: What makes Waverley/Fall River a great place to live?

Chris Wakfer

A: "It's not bad for living, but it gets kind of boring on the week-ends."

Margaret Berry

A: "I grew up in the country, so I like it here."

Shawn Coates

A: "It's clean, there's space and a friendly, family atmosphere — plus the water."

Terry Young

A: "It's convenient and it's quiet."



SCOTIABANK IN YOUR COMMUNITY.

Some recent activities include:

- Fall River Lions Club Food Drive
- Cheema Aquatic Club
- Sackville Waves Aquatic Club
- Oaken Hills Residents Association - Residential Park
- Ahe lee Jefferson Elementary School - Gym Equipment

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Deciphering an asparagus

Asparagus spears can be thick or thin, but which diameter tastes better? Slender doesn't mean tender. Thin and thick stalks can be equally tender although the thick ones are meatier. **THE CANADIAN PRESS**

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Food



What's the scoop?

Fans of ice cream who are clever with words now have a chance to link their brains and taste buds by coming up with a moniker for the newest flavour created by Ben and Jerry's. The flavour is a combination of vanilla ice cream, fudge-covered waffle cone pieces and a fudge swirl. It has been temporarily named **We are Waffling**, but the company wants fans to visit its Facebook fan page and serve up their own name. For more information, visit benjerry.ca. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Have friends over for brunch

Cobb salad wraps with tomatoes, avocado and black beans

A cobb salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed the main ingredients into a wrap. It's delicious. **SERVES 8**

INGREDIENTS:

- 8 oz skinless boneless chicken breasts (about 2 breasts)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 Tbsp low-fat sour cream
- 1 Tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

METHOD:

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill the chicken for 4 minutes on each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine the tomatoes, red pepper, avocado, black beans, green onions and parsley in a large bowl.



Cobb salad wraps with tomatoes, avocado and black beans.

Add the lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix well.

3. Spread one-half of each of the tortillas with some of the tomato mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400°F oven for 5 minutes until warm.) Cut in half and serve.

keep in an airtight container for up to 2 weeks. **SERVES 8**

INGREDIENTS:**Cinnamon Almonds:**

- 1/4 cup whole almonds
- 1/4 cup packed brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad:

- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese (about 2 oz)

Dressing:

- 1 1/2 Tbsp apple cider vinegar
- 1 Tbsp olive oil
- 1 Tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard
- 6 oz grilled sliced chicken

Spinach salad with cinnamon almonds, strawberries and goat cheese

This salad is perfect for entertaining with all its vibrant colors, flavors and textures. The combination of spinach, spiced nuts, strawberries and goat cheese gives it loads of character. Prepare the almonds in larger quantities and



Spinach salad with cinnamon almonds, strawberries & goat cheese.

or shrimp (optional)

METHOD:

1. Preheat the oven to 350°F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar, cinnamon,

nutmeg and ground ginger. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

4. Prepare the dressing

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at roreisman.com & personalgourmet.ca

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Canwest Broadcasting has inked a deal with NBC Universal to produce a Canadian adaptation of the Top Chef franchise. Canada's Insight Productions will develop Top Chef Canada, which will premiere next spring on Food Network Canada. **TORSTAR NEWS SERVICES**



Quinoa is finally poised for its moment in the spotlight.

Restaurant menus poised to get interesting

SURVEY Gluten-free beer, vegan entrées and quinoa may be poised to take over in Canadian restaurants this year, according to a new survey.

Ten up-and-coming trends were revealed in the first survey of professional chefs conducted by the Canadian Restaurant and Foodservice Association.

With cooperation from the Canadian Culinary Federation, almost 400 professional chefs were surveyed in January and February by BrandSpark, a Canadian market research and brand strategy firm.

The chefs rated menu items and cooking methods as either a "hot trend," "yesterday's news" or "perennial favourite."

The survey pinpoints the 10 up-and-coming menu trends as: 1. Ancient grains (such as kamut, spelt and amaranth); 2. Gluten-free beer; 3. Vegan entrées; 4. Organic alcohol; 5. African cuisine; 6. New/fabricated cuts of meat; 7. Gluten-free cuisine; 8. Middle Eastern cuisine; 9. Quinoa; 10. Non-traditional fish (such as branzino, Arctic char and barramundi).

TORSTAR NEWS SERVICES

The green kitchen

A roundup of the latest books on food and eco-living

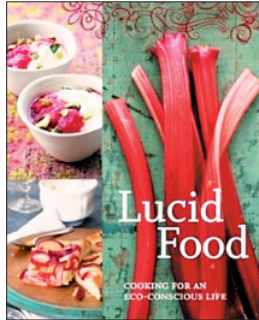
Even as we celebrate the 40th anniversary of Earth Day, many of us still don't know entirely what it means to "go green."

But a stack of new food-oriented books tries to supply the answers — at least for the kitchen — and offer a roadmap for buying, cooking and eating in a more environmentally astute way.

The Conscious Kitchen by Alexandra Zissu

The Conscious Kitchen provides a concise primer on navigating the "avalanche" of 'green' choices in the food marketplace.

Author Alexandra Zissu packs the slim, easy-to-use volume with practical information. And though she offers a handful of recipes from eco-gurus such as Michael Pollan, Deborah Madison, Dan Barber and others, this is a guidebook, not a cookbook. From convenience store



dishwasher completely before running it.

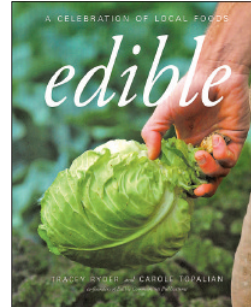
Many recipes promise big flavour with minimal effort and waste. Double lemon chicken breasts use the fruit's zest and juice, and reduce cooking time by pounding the meat thin.

Lucid Food by Louisa Shafia

With earthy tones and recipes organized by season, Lucid Food becomes a year-round guide to cooking in rhythm with the earth.

Author Louisa Shafia combines the requisite tips — buy local, eat less meat, reduce waste — with unusual recipes that take the stress out of incorporating conscious practices into your daily life.

For spring, eggs and new potatoes with green olive pesto contrasts the richness of farm-fresh eggs with the tang of olives and vinegar in a twist on potato salad. Orecchiette with morels and garlic ramps brings the farmers market — or a foraging expedition — to your mouth.



Edible by the co-founders of Edible Communities Publications

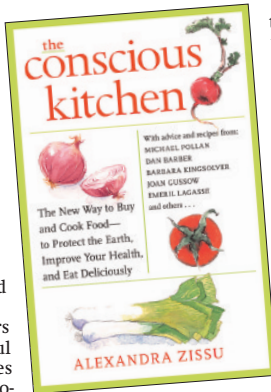
For farmers market junkies, Edible illuminates America's agricultural regions with essays on local foods and the people who produce them.

Compiled by the co-

founders of Edible Communities Publications, the book gives your palate a tour of the U.S. with recipes including

Hawaiian ahono-avocado poke, Vermont cheddar ale soup, and creamy pumpkin grits from Tennessee.

THE ASSOCIATED PRESS



Easy Green Organic by Anna Getty

Easy Green Organic joins attractive recipes with gorgeous photography and easily implemented advice.

Author Anna Getty discusses reducing waste in your kitchen (minus her recommendation of the jarred barbecue sauce!) and pesticides in the earth, and offers small steps everyone can take, like buying local produce and filling the



Food in brief

BOOK An Australian publisher is reprinting 7,000 cookbooks over a recipe for pasta with "salt and freshly ground black people." Penguin Group Australia's head of publishing, Bob Sessions, acknowledged the proofreader should have

caught the "silly mistake." He told The Sydney Morning Herald for a story printed Saturday that, "We're mortified that this has become an issue of any kind and why anyone would be offended, we don't know." The typo was in the

Pasta Bible recipe for spelt tagliatelle with sardines and prosciutto. Sessions said the publisher would replace the book for any buyer "small-minded enough" to complain.

THE ASSOCIATED PRESS

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Summer sipper

While in the Veneto region of Italy earlier this month I had a chance to take a side trip to Tuscany and its uber famous region of Chianti. You can blame its popularity on those tubby, straw-wrapped bottles or that it was Hannibal Lecter's favourite fava bean affinity; either way everyone has heard of the place.

I made a bee-line for the sub-region of Classico (which in wine speak means the oldest, and some would say best, part of the area) to check out Castello di Gabbiano — a modern winery with an incredible 12th century castle as a centerpiece that overlooks the vineyards from its hilltop perch.

Gabbiano's liquid personality is traditional with a contemporary sensibility and the 2008 Chianti DOCG (\$12.95 - \$16.99) shows that balance with its soft cherry fruit and bright ripe flavour that sees no oak aging and is made from 90 per cent sangiovese — Chianti's signature grape.

The fruit for the 2008 Pinot Grigio delle Venezie IGT (\$12.80 - \$13.99) isn't local — it's grown a few hours away in the regional grouping of Tre Venezie and includes a bit of chardonnay and garganega in the blend. Creamy, citrusy and refreshing; it makes an ideal summer sipper.

Prices reflect the range across the country. Some products may not be available in all provinces.





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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Short vs. long, it's a hairy issue

The J Spot

Josey Vogels

metronews.ca/thejspot

"I'll never forget it. I was 10 and, upon meeting me for the first time, my sister's neighbour asked: 'What's your cute little brother's name?'"

Okay sure, I was a bit of a tomboy but I somehow knew immediately that it was my new super short haircut that had confused her. "I'm a girl!" I whined rather meekly as my 10-year-old brain was forever etched with the message: Real girls have long hair.

And, an informal Twitter survey seems to back this up. While most men and women agreed that it really depends on the woman, when pressed, most men admit they prefer long hair.

There may be some evolutionary evidence to back them up. According to the lab coats, the quality and length of a woman's hair serves as a marker of genetic strength and overall health and thus, her desirability as reproductive material.

Of course, by this reasoning, women should be all over men sporting long ponytails and, well, let's not go there, shall we? (In fact, for a hilarious and very practical guide to all things men say/do/wear that are dating deal breakers, check out Undateable: 311 Things Guys Do That Guarantee They Won't be Dating or Having Sex. For info, visit undateable.com).

Still, in one study published in the research journal *Human Nature*, researchers found that women who had originally been rated by a test group as being less attractive were rated far more highly when shown with a

longer hairstyle.

Interestingly, as they get older, past their reproductive years, most women choose shorter haircuts because they are considered more "age appropriate."

Of course, men are not ruled entirely by their inner cave man and

"We communicate a lot with our hair. And, unlike other parts of our body, it's one thing we can easily change and manipulate."

some men told me they actually prefer short hair on women of any age.

Of course, even from an evolutionary perspective, shiny, lustrous short hair would be a

better sign of health than damaged, dull long hair. But, the truth is, some women just look pretty darn sexy in short hair.

Still, culturally, we strongly associate long hair with sex appeal and femininity.

Short hair is associated with boyishness and asexuality. Obviously, we communicate a lot with our hair.

And, unlike other parts of our body, it's one thing we can easily change and manipulate. Which is why I actually admire women who can rock a short haircut and look sexy.

It's as if she's thumbing her nose at traditional notions of female sexuality and telling the world that she doesn't have to buy into it.

That she can be sexy on her own terms.

It almost makes me want to go out and get a sexy, short haircut. If I could only get my inner 10-year-old on board with the idea.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com. Follow her on Twitter @joseyvogels



Actress Ginnifer Goodwin — same lady, different hair cut.

High Blood Pressure?

If you have high blood pressure, you may be eligible to participate in a voluntary clinical research study of an investigational medication for high blood pressure.

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- Study Medication

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To learn more about this high blood pressure research study, please call our Halifax/Dartmouth office at **1-877-34-STUDY (1-877-347-8839)**



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@metrohbb



LUSH Cosmetics secured a spot in Hewitt Associates' 2010 top 30 greenest Canadian companies. It's no wonder with initiatives like replacing of the usual product wrap with Knot-Wrap (\$6.95) stations where people can swaddle their swag in colourful reusable scarves. **METRO NEWS SERVICES**

Matching moms makes scents

LIZA HERZ
for Metro Canada

Find the mom on this page that fits your family profile, then show you love her with one of these custom-fit fragrances.



Prada Infusion de Tubereuse, 50 ml eau de parfum spray (edp), \$90. Available at Holt Renfrew, Sephora and Shoppers Drug Mart Beauty Boutiques.



Demi Moore

SHE ...

- Wears heels right through the ninth months of pregnancy.
- Can apply mascara while simultaneously making lunch for the kids.

Give her a gorgeous designer fragrance that smells great and also looks stylish on her dresser.

Prada Infusion de Tubereuse, 50 ml eau de parfum spray



Chanel Chance Eau Tendre, 50 ml. Eau de toilette (edt), \$72. Available May 3rd at all Chanel beauty counters.



Gwyneth Paltrow

SHE ...

- Never has a hair out of place, has never gone to work with baby spit-up on her shoulder.
 - Disciplines her children in French.
- A subtly floral eau de toilette is perfect for the woman who doesn't need to shout to be heard.



Chloé eau de Fleurs Lavande, 100 ml edt, \$135. Available at Holt Renfrew, select Bay Department Stores and Murale.



Anna Wintour

SHE ...

- Can covertly check her Blackberry while watching the school play.
- She loves a modern, almost masculine fragrance, but one with a stealth feminine note.



Jennifer Garner

SHE ...

- Can (and does) beat you at tennis.

Consider her black yoga pants to be formal wear. Give this energetic, high-spirited woman a clean and fresh fragrance, never anything heavy.



Fruits & Passion Viva! 75 ml edt, \$35. Available exclusively at Fruits & Passion stores.



Kate Winslet

SHE ...

- Has every family photo printed and organized into an album.
 - Still wears the bracelet you made her at camp when you were eight.
- She loves a richly floral, undeniably feminine fragrance.



Ralph Lauren Summer Romance, 50 ml. edt \$70. Available at The Bay, Sears and in Shoppers Drug Mart Beauty Boutiques.

Food for thought, hair, nails and skin

CELIA MILNE
for Metro Canada

As a society, we spend a gazillion dollars on products to beautify our skin, hair and nails. But ponder this: much of our outer radiance comes from within.

To a large extent, if you're healthy on the inside, you'll look it on the outside, believes Dr. Alan Logan, a naturopathic physician in Connecticut, who lectures in mind-body medicine at Harvard University.

His recent book, *Your Skin, Younger* (Cumberland House) explains how better diet and nutrition, smarter food preparation, and lowered stress levels can improve your skin.

Luckily, we don't have to remember a whole new set of health rules, since the same foods that are good for our organs are good for our hair and nails.

"Many of the dietary components advocated for

cosmetic purposes are the very same foods and beverages — for example whole grains, fish and seafood, low-fat dairy, legumes, health cooking oils, deep green vegetables and coloured fruits, seeds, nuts, green tea, red wine, cocoa — that are now fairly well

known as protective against chronic diseases

such as cardiovascular disease, type 2 diabetes and some types of cancer," says Logan.

He recommends the Mediterranean diet, which has many of these components, and is low in sugar, excess fat, and extra calories. "Overall it contains a number of nutrients that are of critical importance to hair, skin and nails."

It's more than just eating the right foods. Logan's book introduces

readers to the concept of Advanced Glycation End-products, or AGEs, which are to be avoided.

They are found in foods that are cooked on high heat in the absence of moisture, and they cause inflammation and oxidative stress.

"Turning off the oven, using a steamer, and poaching, boiling, simmering or stewing your foods can go a long way in the effort to maintain a youthful and glowing appearance."

Certain minerals are recognized to specifically promote the health of your hair, including zinc and selenium (both found in lean meat, nuts and seafood). Biotin (in egg yolk) and silicon (in brown rice and root vegetables) have emerged as being of special significance to the nails, both capable of preventing brittle nail syndrome when taken internally.

Essential fatty acids such as the omega-3 found in fish and seafood are helpful in hydrating skin and giving hair a healthy lustre.



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Avatar a success on DVD

Avatar is maintaining its popularity in the move from box office to home video, with sales of 6.7 million DVDs and Blu-ray disks in the first four days. Twentieth Century Fox announced Sunday that James Cameron's sci-fi epic has sold 2.7 million Blu-rays and 4 million DVDs. **THE ASSOCIATED PRESS**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

TheAudioFiles



Bryan Borzykowski
metronews.ca/music

The last time I heard anything interesting from Jakob Dylan was 14 years ago — when his band, The Wallflowers, released *Bringing Down the Horse*. You know that album — it's the one with One Headlight and 6th Avenue Heartache, the record that pushed Bob Dylan's second youngest into a similar spotlight his father occupied 30-something years before.

Unlike his pops, though,

he couldn't continue his chart-topping, Grammy-winning ways. I lost track of Dylan somewhere after the third Wallflowers disc came out in 2000, and took a passing interest two years ago, when he released his first solo disc.

But when I heard that he teamed up with T-Bone Burnett — the legendary musician, now Oscar winning songwriter, and producer of *Bringing Down the Horse* — I thought it was time to give Dylan another try. And after listening to *Women and Country*, I'm glad I did.

On the surface, the album sounds a lot different than Dylan's old rock band. It's filled with delicate alt-country, soft Americana and touching harmonies from Neko Case and Kelly Hogan. It's not quite as spare as *Seeing Things*, his



Women and Country is Jakob Dylan's warmest album to date.

Rick Rubin produced, stripped down solo debut, but thanks to the quiet atmospheric hums of reverb, the relaxed vocals and lyrics about self-worth, struggle and, less explicitly, about being a working dad to four kids, this is his warmest record yet. When I told Dylan that *Women and Country* was coming from a different songwriter than I remember, he disagreed. "I

addressed the music as a big band sound, a rock and roll sound, but we had things like pedal steel and horns early on," he says. "It's all the same for me."

He admits that his writing is more "refined" and he now recognizes his strengths. If anything, it's his songwriting maturity that may be the biggest difference between this and his Wallflowers days — he

sounds more confident playing alone, and it seems as if, at 40, he's able to embrace the country folk combo he was brought up on.

"I'm drawn to traditionalism. The instruments that we're using on this album will be played thousands of years from now."

Although Dylan's music now sounds a little more like his father's, he's been fielding questions about his dad for years. It's not something that bothers him, at least not anymore. "It is what it is," he says. "There's a misconception for some reason that I've been waiting for it to go away, but I understand it's impossible to think of me and not think of the other."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic



Bieber fever

A fan stampede forced teen sensation Justin Bieber to cancel a performance in Australia after a crowd of thousands broke down police barriers. Several girls were injured.

THE CANADIAN PRESS

DVD picks

It's Complicated

Director: Nancy Meyers

ONLY AN ACTRESS of Meryl Streep's calibre could bring some heft to something as featherweight as *It's Complicated*, writer/director Nancy Meyers' latest glossy excursion into the travails of the rich and idle. Streep is Jane, the type of woman who would have been referred to as a wealthy divorcee in movies of an earlier era. Streep's gift for comedy and her magnetic presence make this much more entertaining movie than it might otherwise be. She's well matched with Alec Baldwin and Steve Martin, who are considerably funnier here than as co-hosts of the Oscars. **Peter Howell**/for Metro Canada



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- For April 26th**
- 9 Travi McCoy Ft Bruno Mars - Billionaire
 - 8 Shawn Desman - Shiver
 - 7 B.o.B ft Bruno Mars - Nothin' On You
 - 6 Taio Cruz Ft Ludacris - Break Your Heart
 - 5 Lady Gaga - Alejandro
 - 4 Drake - Over
 - 3 Down With Webster - Your Man
 - 2 Ke\$ha - Your Love Is My Drug
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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/27/10	31	31	31	ABC News Center 5	World News	Inside Edition	Chronicle	Dancing With the Stars		Lost 'Ab Aeterno'		(11:02) V (N)
	7	7	7	ASN The Road to Avonlea		Degrassi: TNG	TMZ (N)	Dancing With the Stars		Lost 'Ab Aeterno'		(11:02) V (N)
	11	11	11	CBC Wheel Fortune	Jeopardy! (N)	NHL Hockey Ottawa Senators at Pittsburgh Penguins	(HDTV) (Live)					National
	2	2	2	CBC-F Pyramide (SC)	Synchro (SC)	Squelettes	Tout	Beautes desesperees (SC)		Musee Eden (SC)		Le Telejournal
	6	6	6	CBS WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS: Moonlighting (N)		NCIS: Los Angeles (N)		The Good Wife
	6	6	6	CFTM TVA nouvelles	Le Cercle (SC)	La Fievre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Grande Evasion (SC)		TVA nouvelles
	6	6	6	CHIF Entertainment	ET Canada	The Good Wife "Boom"		NCIS: Moonlighting (N)		Glee "Home" (HDTV) (N)		News Final (N)
	9	9	9	CJCH etalk	Access H.	Law & Order: SVU		American Idol		The Mentalist (HDTV)		CTV News
	10	10	10	ELTV (6) EastLink Television				Podium TV		Community Matters		
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol		Glee "Home" (HDTV) (N)		Fox First
	12	12	12	NBC News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser A challenge involves wrangling calves.				Parenthood (N)
	29	29	29	NW (6) Power & Politics		The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		National
	4	4	4	PBS-B PBS NewsHour (N)		Greater Boston	Maria Hinojosa	NOVA (HDTV) (DVS)		Frontline (N) (DVS)		Frontline
	35	35	35	PBS-D PBS NewsHour (N)		Business Rpt.	Steves Europe	NOVA (HDTV) (DVS)		To Be Announced		Frontline (N)
	68	68	68	TOS Guerre clans	Atomes croch	Big Brother QC	Roxy (N) (SC)	CSI: NY (SC)		Flashpoint (SC)		L'Attaque à 5
	23	23	23	96 BNN Business News	Headline	Market Call Tonight		The Close	Market Call	Squeeze Play		Business News
	18	18	18	CNN Situation Room-Wolf Blitzer		John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Cooper 360
	54	54	54	GNN Golf Central	Play Lessons	Learning	Inside PGA	John Daly	John Daly	Lessons of a Lifetime		World of Golf
	52	52	52	RSE Connected W-Prime Time		MLB Baseball Boston Red Sox at Toronto Blue Jays	From Rogers Centre in Toronto.			Score Now		Sportsnet Con.
	55	55	55	SCOR WWE Monday Night RAW		After Wrestling	Cabby Unlimit	NBA Basketball		Score Now		Score Now
	45	45	45	SPD Barrett-Jackson		NASCAR Smart	NASCAR Hub	Race in 60 (HDTV) (N)		NASCAR Hall of Fame (HDTV)		Drives
	43	43	43	TSN Off the Record	SportsCentre	That's Hockey	NHL Hockey Philadelphia Flyers at New Jersey Devils.			NHL Hockey		NHL Hockey
	44	44	44	FAM Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place		Ned's School
	44	44	44	TOON Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama		American Dad
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin		Little Bear
	27	27	27	YTV iCarly		iCarly	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules		Family Biz
	16	16	16	A&E The First 48 (HDTV)		The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Battle for-Night
	70	70	70	APTN APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly		Rez Rides
	50	50	50	BET 106 & Park: BET's Top 10 Live Top		10 Countdown: (N)		National Security ** (2003, Comedy)		Martin Lawrence.		Tiny & Toya
	37	37	37	BRVO Emily of New Moon		Live at the Rehearsal Hall		Saturday Night Divas		Nebbia (N)		Spect
	25	25	25	CMT Hottest Women of Country		Amer. Funniest Home Videos		Reba	Reba	According-Jim		Home Improve.
	49	49	49	COM Just for Laughs		Art Farce	22 Minutes	Cornier Gas	Name Is Earl	The Simpsons		Fil-Conchords
	153	153	153	153COURT Killer Next Door		Trace Evidence-Dr. Henry Lee		True Murder	Criminals	Buried Secrets		Evidence
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed		Deadly Catch
	34	34	34	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	Outdoor Room	Curb/Blo	Sarah's House		House Hunters
	46	46	46	HIST Ancients Behaving Badly		Aftermath (HDTV)		Cities of the Underworld		Pawn Stars (N)		Nostradamus
	17	17	17	MM Buffy the Vampire Slayer		Gossip Girl (HDTV) (N)		Live at Much		disBAND		Muchmusic Countdown
	19	19	19	MMM mmtop10.ca		The Daily Fix (N)		Ranked!		mmtop10.ca		HammerTime
	201	201	201	M1 The Home Song Stories		The Narrows (2008, Drama)	Kevin Zegers, Sophia Bush.	State of Play *** (2009, Crime Drama)		State of Play *** (2009, Crime Drama)		
	48	48	48	QLN Mantracker		Ghost Hunters		Destination Truth		Oper. Repo		Ghost Hunters
	51	51	51	PEACH Friends	Seinfeld	Family Guy	Family Guy	MLB Baseball Atlanta Braves at St. Louis Cardinals.	(HDTV) (Live)	Louis Cardinals. (HDTV) (Live)		
	206	206	206	PIX (6:30) Partners in Action *		(8:10) After the Harvest (2001, Drama)	Sam Shepard.	Analyze That ** (2002, Comedy)		Analyze That ** (2002, Comedy)		
	67	67	67	RDI RDI monde	RDI économie	24 Hours en 60 minutes		Grands reportages (SC)		The View (HDTV) (N)		RDI économie
	39	39	39	SHOW Trailer Park		Relic Hunter		Love Sick: Secrets of a Sex Addict (2008, Docudrama)		Californication		Californication
	40	40	40	SLICE TII Debt-Part	Wedding SOS	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas		Wedding SOS
	47	47	47	SPACE Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV)		Fringe
	14	14	14	SPIKE CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		UFC Unleashed		Deadliest Warrior (HDTV)		Deadliest
	98	98	98	STAR etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		SOUL "Twice"		Dr. Oz Show
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	Ultimate Cake Off		Help! I'm Turning Into a Giant		19 Kids-Count		19 Kids-Count
	34	34	34	TROP End of Leash	Last 10	The Celebrity Apprentice (HDTV) (N)		Dog Whisperer		Dog Whisperer		End of Leash
	20	20	20	TV5 Que-champion	Journal de Fr2	Zoom animal		Partir autrement		Les Invincibles (SC)		ADN: Accel.
	28	28	28	V Just Cause		Murder, She Wrote		May-December	When I Laugh	SOUL "Twice"		Unscripted (N)
	67	67	67	VIVA Psychic Inv.	Encounters	Cold Case		Missing "Thin Air"		Medium "Knowing Her"		Cold Case
	22	22	22	W House-Sell	House-Sell	Supernanny		Style by Jury	Grocery Bag	Beauty Call		Look Good
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy	90210 "Multiple Choices"		Life Unexpected (HDTV)		WGN News

critics' corner

NCIS Gibbs and Special Agent T.C. Fornell (Mark Harmon, guest star Joe Spano) and the team try to uncover the truth when a polygraph specialist's night job takes a dangerous turn that leads to murder in the new episode "Moonlighting." Michael Weatherly, David McCallum and Pauley Perrette also star. 9 PM on CBS CIHF



Style by Jury

It's a familiar and touching story: An immigrant mom works her you-know-what off to make a better life for her children. That's the story told in this new episode featuring 52-year-old Afshan, a caregiver and coffee-shop worker who's put taking care of herself on the back burner and forgotten to turn the burner on. Enter host Bruce Turner and the style team to help her turn up the heat and release the exotic beauty within. 9 PM on W

Nebbia

If you like Cirque du Soleil, you'll enjoy this new multinational production, a collaboration between Canada's Cirque Eloize and Italy's Teatro Sunil performed in France. With a clown as emcee, it features acrobatics, gymnastics and assorted surprises set to a stirring original score. 10 PM on BRVO



Sarah Jessica Parker is taking a break from the big screen to work as a museum tour guide. The Sex and the City star has agreed to record an audio guide for the Metropolitan Museum of Art in New York, according to Hollyscoop. **METRO NEWS SERVICES**

Parker taking a break from acting

Celebrity Buzz

Lohan hurls drink at Ronson

MAYBE SAM WAS THIRSTY Lindsay Lohan appears to be taking out her frustrations over her career and personal problems on ex-girlfriend Samantha Ronson.

The troubled starlet reportedly hurled a drink at Ronson while hanging out at L.A. nightclub Trousdale, according to Gatecrasher.

"It was ridiculous," a source says.

"Sam was sitting at a table, and Lindsay came up from behind and tossed an entire drink at her. Sam

looked livid but just let it go. Why people even let Lindsay inside their establishments anymore is beyond me."

Despite her very public problems recently, Dina Lohan insists her daughter is doing just fine and is a perfectly fine role model for younger sister Ali Lohan, who is following the career path blazed by her older sister.

"Lindsay is absolutely, 100 percent, not (a bad influence)," Dina tells People

magazine.

"Ali is amazing. She loves her sister. Would I let my daughter go anywhere that's dangerous?"

Dina insists the real concern is ex-husband and father of both children, Michael Lohan.

"Ali and Lindsay need to be protected from their ex-father. That's the dangerous situation," she says.

"He's creating a worse situation for everyone."

METRO NEWS SERVICES



Cornish getting over Phillippe

APPARENTLY IT WASN'T TOO

HARD Abbie Cornish appears to have moved on from ex-boyfriend Ryan Phillippe, as the Australian actress was spotted getting cozy with Josh Hartnett at a New York watering hole recently, according to the Huffington Post. A source says the pair talked for a while at the bar of Warren 77 before retiring to a corner table in the back, where they stayed until about 1 a.m.

METRO WORLD NEWS



I was seduced by two older women: Michael Douglas

BUT DON'T TELL MY MOMMY

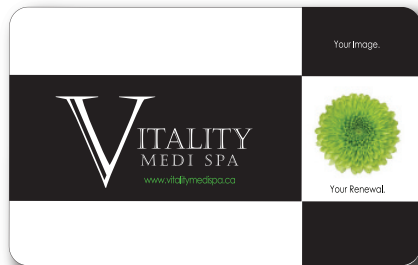
Michael Douglas confesses to Elle magazine that he learned everything he needed to know about sex when he was seduced by two of his mother's friends at age 16, though he refuses to name names since his mom, actress Diana Dill, still doesn't know about the escape.

"I wouldn't want to get any of them in trouble," Douglas tells the magazine. "Though they're probably dead now."

METRO WORLD NEWS



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Cavallari claiming The Hills gave her a bad reputation

AGREE WITH HER OR ELSE Hills, whose final season premieres Tuesday, include helping those less fortunate via the One Kid One World charity.

Kristin Cavallari, known for her unvarnished opinions on the MTV reality show, says she's a better person than she's portrayed on the show — and that the real Kristin is the one who's been doing charity work recently.

"If you asked my real friends, they would say I'm definitely not a bitch," Cavallari, 23, told People Magazine on Saturday while hosting a party at Liquid Pool Lounge in Las Vegas.

"I definitely stand up for myself, and I'm not a pushover." Cavallari's plans for life after The



METRO NEWS SERVICES

Mayer threatens to close Twitter account

HOPEFULLY HE'LL UPDATE HIS TWITTER ACCOUNT AND TELL US WHEN HE'S GOING TO QUIT BEING A TWIT John Mayer may be following Miley Cyrus' lead and quitting Twitter.

"Every night for the last two weeks, I think about canceling Twitter. It's over," he says, according to Ace Showbiz.

"The only positive thing on Twitter is saying, 'Thank you' and directing (followers) to something cool and important."

METRO NEWS SERVICES



Jersey Shore star gets booze dumped on her

CAN WE CONFIRM THIS 'MAN' WAS NOT LINDSAY LOHAN?

Last season on The Jersey Shore, a man threw a punch at Nicole "Snooki" Polizzi.

This season? Just a drink.

The newly single MTV reality star, 21, was doing shots with Jenni "JWoww" Farley, 23, at Ocean's 10 bar in Miami Saturday at 6 p.m. when a man approached her, usmagazine.com reported.

A confrontation escalated and Snooki threw food at the man.

The unknown guy retaliated by dumping his own drink all over Snooki.



METRO NEWS SERVICES

Smith reaches out to Bullock after affair

I'M SURE SAYING SORRY WILL SOLVE EVERYTHING Melissa Smith, the second woman to come forward as one of Jesse James' mistresses, has apologized to Sandra Bullock.

Smith faxed a letter to the Oscar-winning actress, taking responsibility for the affair, TMZ reports. In the letter, Smith wrote: "I felt I needed to reach out to you and tell you how deeply sorry I am for everything that you've

been through. And I know nothing I can say in this letter is going to make the pain of my actions go away," she continued. "I am sorry for any hurt or pain that I have caused you. My actions of engaging with a married man are unforgivable. I never meant you any harm," she added.

Smith said she will "never forgive" herself and implored Sandra to contact her. "Please contact me if you wish to discuss on the phone or in person."

METRO WORLD NEWS



Pattinson rolling in money

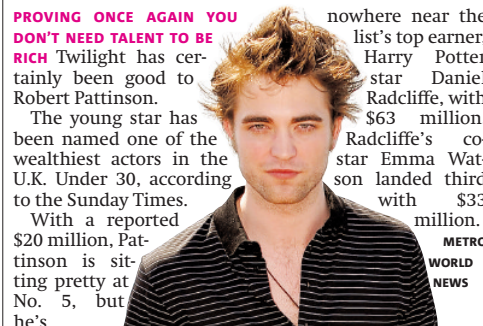
PROVING ONCE AGAIN YOU DON'T NEED TALENT TO BE RICH Twilight has certainly been good to Robert Pattinson.

The young star has been named one of the wealthiest actors in the U.K. Under 30, according to the Sunday Times.

With a reported \$20 million, Pattinson is sitting pretty at No. 5, but he's

nowhere near the list's top earner, Harry Potter star Daniel Radcliffe, with \$63 million. Radcliffe's co-star Emma Watson landed third with \$33 million.

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

SAMANTHA RONSON

has a tough night out at the club, **JUSTIN BIEBER** is upset his Australian concert got cancelled, **KIRSTIE ALLEY** is overdoing it and **KATY PERRY** likes to be prepared.



@samantharonson Just got a glass thrown at my head.... Hmmm- wonder who did it????

@kirstiealley Now get this...I am embarrassed to tell...I was working out and I....threw my back out

@katyperry Starting vitamins when sick is like saying a prayer when the plane is going down.

@justinbieber I WANT TO MAKE THIS CLEAR...I DONT CANCEL...I WOKE UP THIS MORNING TO THE POLICE CANCELING THE SHOW FOR SAFETY REASONS

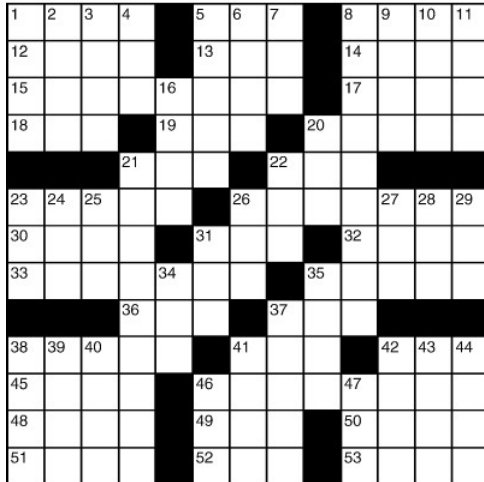
METRO NEWS SERVICES





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Have on
- 5 Taxi
- 8 Distort
- 12 "It's a Sin to Tell —"
- 13 Eggs
- 14 "Do — others ..."
- 15 Jeff Probst's show
- 17 Nevada city
- 18 Thickness
- 19 Morning moisture
- 20 Sandwich necessity
- 21 Adjective for 22-Down
- 22 Adversary
- 23 Debate topic
- 26 Prime Minister's street
- 30 Norse thunder god
- 31 Carton
- 32 Defeat decisively
- 33 Greedy
- 35 Tilts
- 36 Lingerie item
- 37 Otolologist's subject

- 38 What Nixon denied being
- 41 Over-active one?
- 42 Center
- 45 Tibetan monk
- 46 Take unawares
- 48 Gray hair cause
- 49 Favorite
- 50 Looked at
- 51 Repair
- 52 Blond shade
- 53 Root beer brand

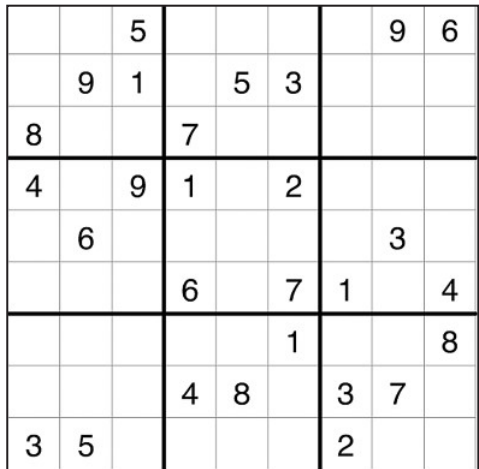
DOWN

- 1 Nasty stinger
- 2 Hebrew month
- 3 Ethereal
- 4 Gun the engine
- 5 Small flock
- 6 Acknowledge
- 7 Tavern
- 8 Cry uncle
- 9 Dangling site
- 10 Sicilian spouter
- 11 Unfinished furniture?
- 16 Between assignments
- 20 Acknowledge applause
- 21 "Hanging ten"

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	4	1	5	9	7	2	3	8
5	2	8	6	4	3	7	1	9
3	7	9	2	1	8	5	4	6
8	1	2	3	7	4	9	6	5
9	5	4	8	6	1	3	7	2
7	6	3	9	5	2	1	8	4
2	8	5	7	3	6	4	9	1
4	9	7	1	8	5	6	2	3
1	3	6	4	2	9	8	5	7



Metro Recipe of the Day



Red Beans and Rice

INGREDIENTS:

- 1 1/4 cups dried red beans or red kidney beans, soaked
- 1 ham hock (500 to 700 g)
- 1 large yellow onion, chopped
- 2 stalks celery, sliced
- 2 bay leaves
- 2 cloves garlic, minced
- 1 1/2 tsp dried thyme leaves
- 1/4 tsp each salt and black pepper
- 1 cup uncooked long-grain white rice
- 1/4 cup minced parsley

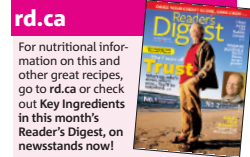
METHOD:

1. In Dutch oven, combine water, soaked beans, and ham hock. Bring to boil. Lower heat and simmer, covered, for 1 to 1 1/2 hours or until beans are tender. Drain beans, reserving 2 cups liquid. Remove 2 cups beans from Dutch oven. Slightly mash

these beans, then return to Dutch oven. Remove ham. When bone is cool, remove meat. Discard bone. Cut meat into bite-size pieces; return to Dutch oven.

2. Stir in reserved liquid, onion, celery, bay leaves, garlic, thyme, salt and pepper. Bring to boil, then simmer, covered, 30 minutes or until vegetables are tender, stirring occasionally. Discard bay leaves. Meanwhile, cook rice according to package directions, omitting butter and salt. Spoon bean mixture over rice. Sprinkle with parsley. Serve.

SERVES 6



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
The planets are urging you to get rid of something you no longer need, something that is holding you back from success.

TAURUS
APRIL 21-MAY 21
Don't be too harsh on someone who has not lived up to your expectations. The important thing is that they tried.

LIBRA
SEPT 23-OCT 23
If someone you usually get along with is unusually critical today chances are it is because their emotions are up in the air.

SCORPIO
OCT 24-NOV 22
You won't see eye-to-eye with partners and colleagues over the next two or three days but that's not necessarily a bad thing.

GEMINI
MAY 22-JUNE 21
Do you pretend that your feelings do not exist or do you express them fully and openly? Emotion must not be denied.

SAGITTARIUS
NOV 23-DEC 21
This is no time for wishful thinking. You know what needs to be done and you know you must do it soon or it will pass you by forever.

CANCER
JUNE 22-JULY 22
You may not be the sort to joke about serious subjects but try not to get too cross with someone who takes a flippant attitude.

CAPRICORN
DEC 22-JAN 20
If a loved one says they want to spend some time alone you must not be offended. It is no reflection on you.

LEO
JULY 23-AUG 23
Let employers and other important people know that you are a force to be reckoned with and must not be ignored.

AQUARIUS
JAN 21-FEB 18
It will be easy to get frustrated about a family problem today but that won't solve anything.

VIRGO
AUG 24-SEPT 22
A certain viewpoint may seem attractive but if your instincts tell you to be wary then you would be wise to hold back.

PISCES
FEB 19-MARCH 20
Give yourself permission to dream about things that other people say are impossible or irresponsible.

This day in history

- 1813: War of 1812: United States troops capture the capital of Upper Canada, York (present day Toronto).
- 1861: President of the United States Abraham Lincoln suspends the writ of habeas corpus.
- 1941: World War II: German troops enter Athens.
- 1974: 10,000 march in Washington, D.C., calling for the impeachment of U.S. President Richard Nixon.
- 1996: The 1996 Lebanon war ends.
- 2005: The superjumbo jet aircraft Airbus A380 makes its first flight from Toulouse, France.

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Varadero via Toronto
Sirenis La Salina Varadero • 4 ★
All-Inclusive • Standard rm.
May 8 - June 21 • 1 wk.
*Taxes & other fees (including service charges): \$226
Please add \$50 for Sat. & Sun. departures

DOMINICAN REPUBLIC

Samana via Toronto
Gran Bahia Principe
El Portillo • 4 1/2 ★
All-Inclusive • Standard rm.
June 6, 13 & 20 • 1 wk.
*Taxes & other fees (including service charges): \$322

\$849

MEXICO

Puerto Vallarta / Riviera Nayarit
via Toronto
Hacienda Hotel, Spa & Beach Club • 3 ★
All-Inclusive • Standard rm.
June 26 • 1 wk.
*Taxes & other fees (including service charges): \$288

Cancun / Riviera Maya
via Toronto
Oasis Cancun • 3 ★
All-Inclusive • Standard rm.
May 30 • 1 wk.
*Taxes & other fees (including service charges): \$305

DOMINICAN REPUBLIC

Samana via Toronto
Gran Bahia Principe Cayacoa • 4 ★
All-Inclusive • Standard rm.
June 27 • 1 wk.
*Taxes & other fees (including service charges): \$322

\$1149

GREAT EXUMA, BAHAMAS via Toronto

Augusta Bay • 3 1/2 ★
Continental breakfast
Oceanview rm.
May 9 - 30 • 1 wk.
*Taxes & other fees (including service charges): \$199

COSTA RICA

Liberia via Toronto
Occidental Grand Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
May 15, 22 & 29 • 1 wk.
*Taxes & other fees (including service charges): \$214

JAMAICA via Toronto
Grand Palladium Jamaica
Resort & Spa • 4 1/2 ★
All-Inclusive • Junior suite
May 15, 22 & 29 • 1 wk.
*Taxes & other fees (including service charges): \$283
Please add \$50 for Sat. & Sun. departures



USA

Orlando via Toronto
Disney's Pop Century Resort • 3 ★
Special offer 2 - Standard rm.
July 16 • 1 wk.
\$939
*Taxes & other fees
(including service charges): \$135

Cruises

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THE ROYAL CANCUN & PLAYA DEL CARMEN

MEXICO

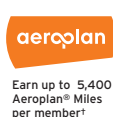
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July 9 • 1 wk.
*Taxes & other fees
(including service charges): \$304

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July 9 • 1 wk.
*Taxes & other fees
(including service charges): \$304



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